

An underwater photograph of a coral reef. The water is clear and blue, with sunlight filtering through from the surface. The reef is composed of various types of coral, including large, rounded, yellowish-brown coral heads and smaller, more intricate structures. The overall scene is vibrant and detailed, showing the texture and color of the marine life.

BE THE CHANGE

A GUIDE TO SAVING OUR OCEANS



WHAT'S INSIDE

What is "Be The Change"?

The Story of The Wipeout Crew

Meet Our Members

Why Must We Be The Change?

Why Student Voice Matters

A Glimpse of Change

Marine Debris

What Hawai'i's Reefs Are Facing

Reef Safe Sunscreens

Invasive Algae

Taking Action

How Can You Be The Change?

What Students Can Do

What Teachers Can Do

Building an Ohana

Organizing Community Events

Building a Garden

Kaiser's Garden

Creating Partnerships

Building Your Hui

Creating a Culture of Change

Humble Beginnings

Civic Involvement

Who We Worked With

Expand Your Ohana

Our Challenge To You

WHAT IS "BE THE CHANGE"?



In late 2017, our principal, Mr. Justin Mew, approached us about being a part of a grant opportunity called Be The Change. The project, created by Youth Services Hawai'i, encourages members of Hawai'i schools to think about ways they can foster change in their own communities. We saw the opportunity as a chance to make a lasting impact and help ensure the future of our island home.

In this book, you will find a variety of issues we've dealt with that Hawai'i faces today. You'll find solutions, different perspectives to consider and ways you can get involved in your community. Along with this book is a documentary we created to help readers visualize these problems.

We hope you choose to involve yourself in some of these issues and make a commitment to a life of conservation and sustainability! Whatever that means to you and wherever that journey may lead you, we hope this book and documentary will help you along your way!

THE STORY OF WIPEOUT CREW

Who are we?

- Environmental club at Kaiser High School established in 2014
- Began with students who shared their love for the ocean, which evolved into a more environmentally-conscious crew
- Student-led activities and initiatives
- Meaningful partnerships with environmental organizations

Beach Clean-ups

- Arranging cleanups hosted by WOC
- Common findings include microplastics, cigarette butts, nets, styrofoam, oyster spacers, crab catchers
- Educating young children about marine debris



Gardening

- Created own garden at school
- Promote local agriculture
- Gaining knowledge in relation to agriculture
- Set an example for students so they can grow their own gardens

Civic involvement

- Student awareness of sustainability issues addressed at the capitol
- Students learn how to submit a testimony
- Students are given the opportunity to testify in person at the state capitol



MEET OUR MEMBERS!

My name is Gerald Canaday. Born in a time where computers live in our pockets, selfies are the new form of portraits and eyes are glued to screens 24/7, it's sometimes hard to realize that nature is being threatened. I hope to utilize our distractions, along with art, and make people look up to a world that we can preserve, a world worth admiring.



Aloha, my name is Shannon Murphy and I am the president of the Wipeout Crew. From childhood on, I have found myself being drawn by the ocean and all of its wonders. I love freediving and collecting shells. I also love hiking and enjoy the wonderful views the mountains have to offer. Nature teaches me the greatest life lessons and offers so much to me. I am passionate about making the Earth healthy again and strive for a better future for all of us.



My name is Azita Ganjali and I was born and raised on the beautiful island of O'ahu. I love to surf and play the ukulele. I am the Vice President of Wipeout Crew, and I'm passionate about taking care of the land and the ocean that is my backyard.



Hey, I'm Samantha Steenhuis. I moved to Hawaii three years ago and fell in love with the new adventures this beautiful island provides. I have been able to speak up for things I believe in and make change in my community. I love being outdoors and secluded in a world engulfed by water and greenery.





My name is Jasleen Tun. Every weekend for as long as I can remember, my dad has brought me to the ocean and taught me about its importance. This established my connection to the ocean which brought me to the discovery of Wipeout Crew. Wipeout Crew has brought awareness to issues that I may have not realized and provided many opportunities and lessons in conservation, and leadership, as well as responsibility. I hope to use these skills to help bring awareness to these issues.

My name is Megan Viernes. I was born and raised on Oahu. I am intrigued by the natural wonders of the Earth, like the ocean and the mountains! I have a great appreciation for nature and am motivated to promote sustainability and maintain the wellness of our environment. By being a part of Wipeout Crew, I can contribute to my community, develop a deeper connection to nature, and I can inspire others to become environmentally conscious!



My name is Tabatha Knudson. I have been surfing since I was little, which sparked a passion for the environment and sustainability. By becoming involved with my community, I found something that made my life meaningful; preserving our home for its natural and cultural beauty for future generations!

My name is Conrad Morgan. Born and raised in Kailua, I have always been near the ocean. I love to bodysurf, bodyboard, dive, and take pictures. I feel that it is our duty to protect and maintain this beautiful island that we call home and that everyone has a role in keeping our island and oceans thriving.



An underwater photograph of a coral reef. The water is clear and blue. The coral is mostly white and yellow, indicating bleaching. There are some patches of purple and pink coral. The text "WHY MUST WE" is overlaid in white, uppercase letters in the center of the image.

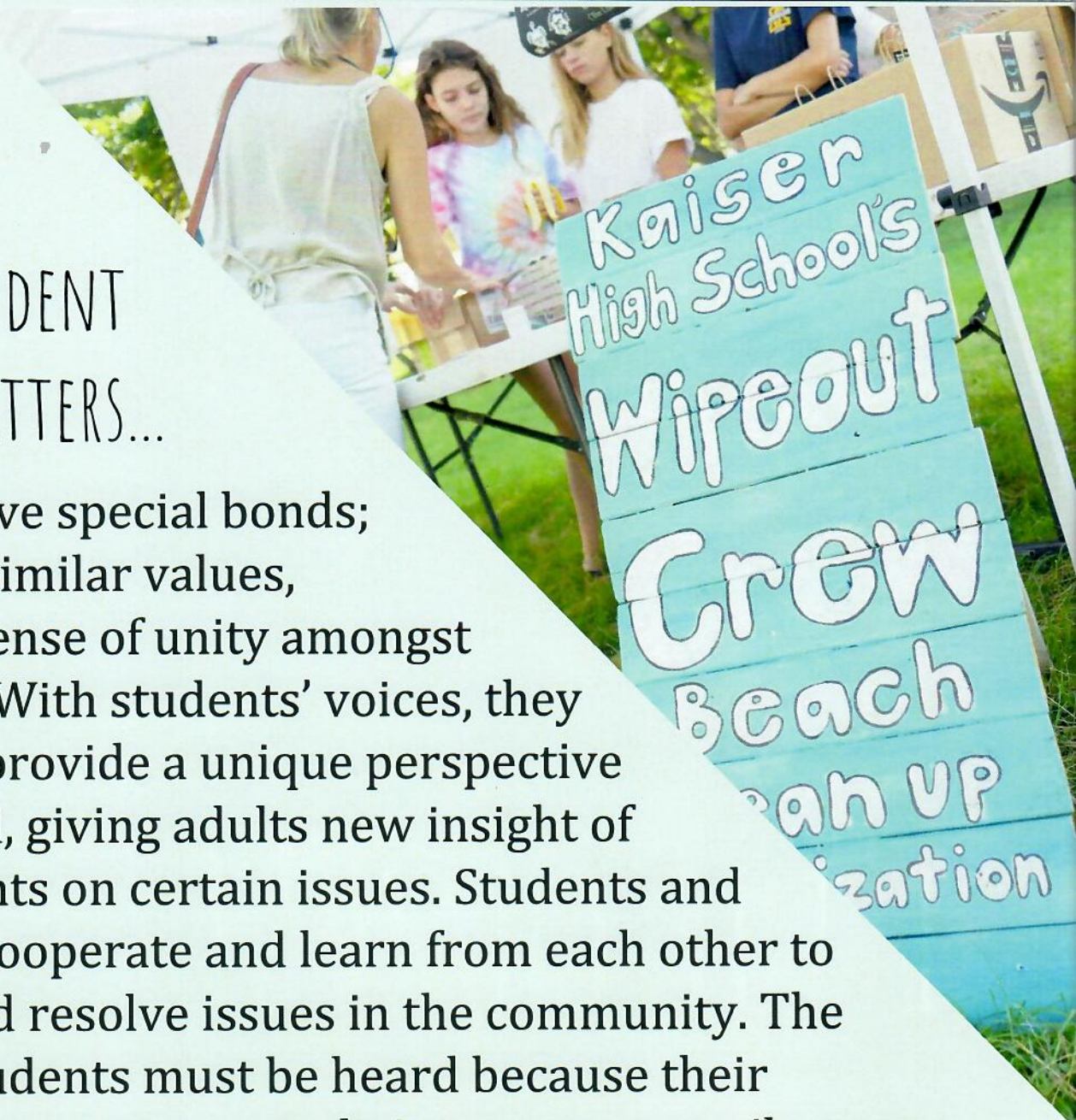
WHY MUST WE



BE THE CHANGE?

WHY STUDENT VOICE MATTERS...

Students have special bonds; they share similar values, creating a sense of unity amongst each other. With students' voices, they are able to provide a unique perspective of the world, giving adults new insight of their thoughts on certain issues. Students and adults can cooperate and learn from each other to improve and resolve issues in the community. The voices of students must be heard because their involvement can motivate their peers to contribute to their community as well. Students have the chance to influence other students in a way that adults or teachers cannot necessarily achieve. All too often students are told what to do by adults, but they never get the chance to share and collaborate on important issues together! By involving students in discussions and meetings, a new perspective can be brought to the table that will not only improve the project but also generate new ideas and a stronger learning environment for the future.



2014 - 2018

A GLIMPSE OF CHANGE

IN FOUR YEARS OUR TEAM HAS . . .

PARTICIPATED in
community workshops and
conferences

HELPED to save
our beautiful Ka
Iwi Coastline
from
development

CLEANED well over
13,000 lbs of trash
from our beaches!

ATE some
radical
papayas

EDUCATED and
TEAMED up with
hundreds of
children from our
local area and as far
away as Japan!

TESTIFIED at our
State Capitol to ban
plastic bags
(AND WON!!)

LISTENED to a world
leader in climate change
research at UH

PARTNERED
with local,
national and
international
non-profits

CREATED our own
Earth Day Festival to
celebrate and encourage
our school's
commitment to
sustainability and
shopping local

SAILED around
Maunalua Bay in a
traditional sailing
canoe

TREKKED
some gnarly
hikes;

RESTORED an
ancient fishpond at
Heeia and Kuliouou

CULTIVATED
and **PLANTED**
our own school
garden with the
help of many
friends and
family

WORKED alongside
Department of Forestry and
Wildlife and Department of
Land and Natural Resources
to rebuild native fish
estuaries

BEEN FEATURED
on TV and in the
News

... AND WE'RE JUST GETTING STARTED!

MARINE DEBRIS: THE ISSUE

PLASTIC, something that surrounds us in our daily lives and that humans have become so convinced we are reliant upon. Something so common couldn't be so harmful right? Wrong.



What types of marine debris can you find on the beach?

- Microplastics
- Microbeads
- Styrofoam
- Straws
- Ghost Nets

Why should I care?

Our future depends on a healthy Earth but plastic is destroying the atmosphere, marine organisms, humans, and so much more.

Where does it come from?

You can find plastic on Hawaii's shores from across the globe. The North Pacific Subtropical Gyre carries all kinds of debris which lands on our beaches.




How does marine debris end up in the ocean?

50% of all marine debris are land-based items. When trash is not properly disposed, it ends up in storm drains that lead to the ocean. Other causes include tsunamis, storms, or natural disturbances.

What are ghost nets?

Large commercial fishing vessels lose massive nets that get carried onto shore. They can entangle large marine mammals such as dolphins and whales all the way down to small organisms such as crabs and starfish. When they get into shallow water, they pick up and damage coral reefs!



It is important for the youth to take action, because they are the ones that are going to determine the future of our marine environment.

According to the National Oceanic and Atmospheric Association (NOAA), approximately 1.4 billion pounds of trash end up in the ocean every year.

There are over 1,250 unique species of marine life that can be found only on Hawaii's reefs due to the islands' isolation!

WHAT HAWAII'S REEFS ARE FACING

Oxybenzone is a chemical found in 85% of sunscreen products. It is known to cause coral bleaching. Bleaching is when corals expel the colored algae living on them which in turn leaves just the white coral skeleton showing. Luckily the coral is not dead, but it causes the animal more stress. Oxybenzone also causes reproduction complications in marine organisms. This chemical is putting the health of our coral reefs in jeopardy.



How can you be a part of the solution? It's a simple switch to reef-safe sunscreen that contains "zinc oxide" or "titanium dioxide." You will feel good about what you put on yourself and what goes in the ocean. We hosted a sunscreen exchange!

AVOID SUNSCREEN CONTAINING:

- Oxybenzone
- Octinoxate
- Avobenzone
- Octisalate
- Octocrylene
- Homosalate
- Parabens

WHY DO WE NEED OUR REEFS?

Coral is responsible for 25% of marine life, coastal protection, the food industry, tourism, and is used for research and biomedical products.

REEF SAFE SUNSCREEN ALTERNATIVES



Raw Elements USA
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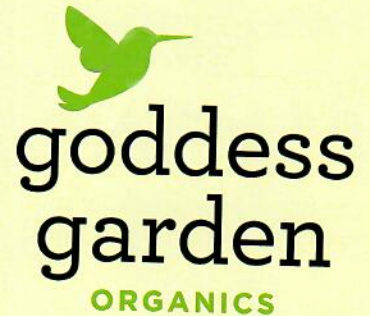


All Good
allgoodproducts.com
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Kuleana Sun Protection
kuleanasunprotection.com
kuleanasunprotection@gmail.com

Goddess Garden
goddessgarden.com
customerservice@goddessgarden.com



Kokua Sun Care
kokuasuncare.com

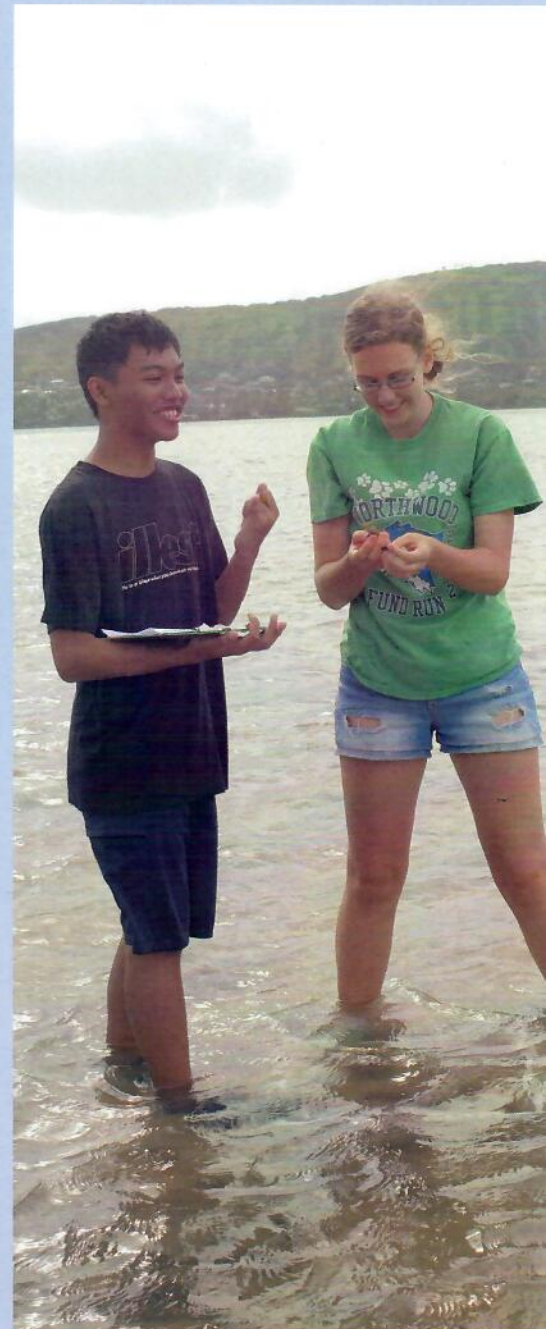
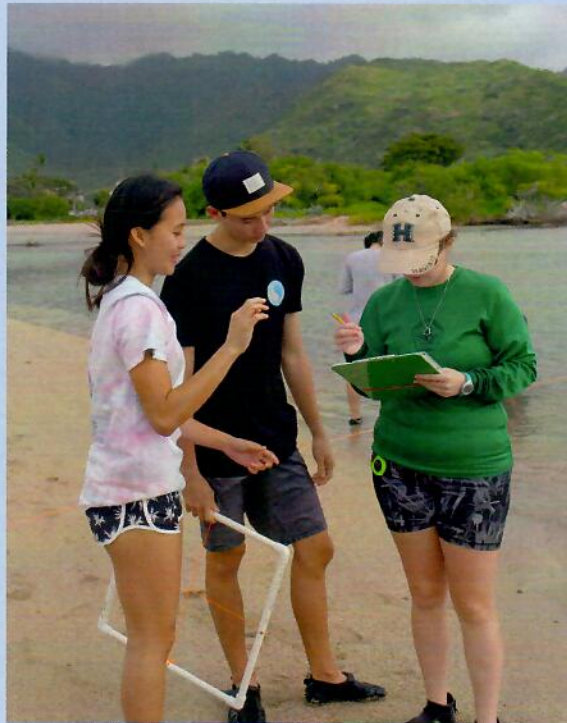
Manda Naturals
mandanaturals.com
info@mandanaturals.com



For more information,
please visit
bantoxicsunscreens.com

INVASIVE ALGAE

There are three main invasive algae in Hawaii: Gorilla Ogo, Leather mudweed, and Prickly seaweed. Invasive algae species are extremely detrimental to our coral reefs and marine ecosystems. These algae grow in brittle clumps that spread via fragmentation. The Mudweed rids the coastal environment of oxygen while also absorbing all of the muddy water from runoff. These conditions make it difficult for native species to thrive. The native algae are an important part of maintaining biodiversity and what makes our island so special. They support marine wildlife which is a system that unfortunately is becoming obsolete.



TAKING ACTION

So, what can be done to help?

What Wipeout crew does in order to make an impact on the community:

- Beach cleanups in order to contain the problem and make sure does not get worse
- Create educational festivals
- Host experts at our school
- Partner with schools and organizations
- Make commitments to not using single-use plastic
- Submit testimony and participate in state testimony at the Capitol

What you can do as a community member:

- Get involved through attending events
- Submit testimonies. Every voice counts
- Create events
- Start a club
- Inspire others and spread the word



A scenic landscape photograph showing a valley with a town, surrounded by dark mountains. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple, suggesting a sunset or sunrise. The text "HOW CAN YOU" is overlaid in white, uppercase letters in the center of the image.

HOW CAN YOU

BE THE CHANGE?



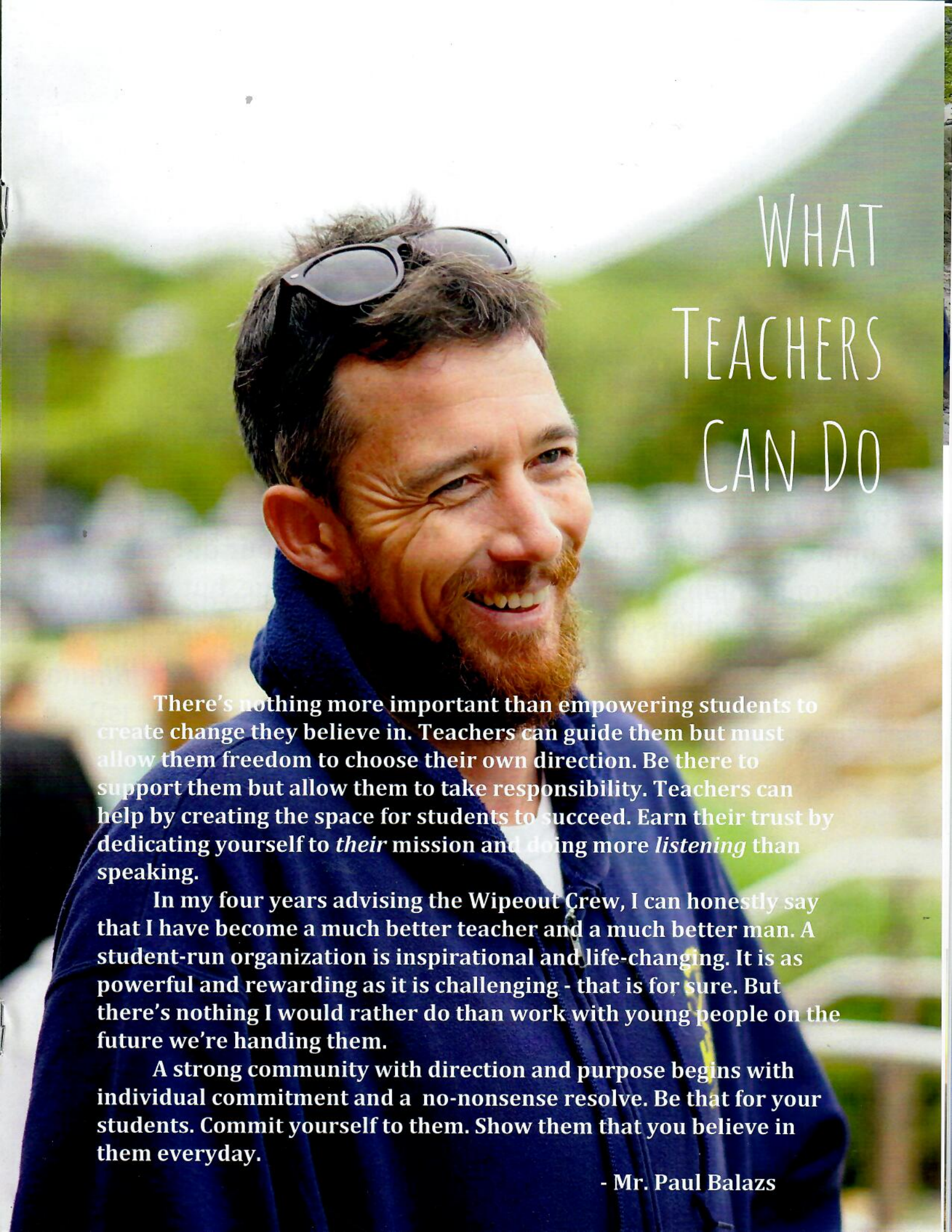
WHAT STUDENTS CAN DO...

To Reduce Plastic Waste

- Bring home lunch in a reusable container
- Bring a reusable water bottle to school
- Use reusable straws
- Use reusable utensils
- Bring your own bags to the store
- Bring your own takeout containers
- Refuse items that come in plastic
- Find creative ways to reuse bags and all plastic containers

To Conserve Energy

- Turn off the lights when you leave
- Ride the bus to school or walk
- Close windows when the AC is on
- Eat local to reduce shipping pollution
- Eat organic and grow it yourself!



WHAT TEACHERS CAN DO

There's nothing more important than empowering students to create change they believe in. Teachers can guide them but must allow them freedom to choose their own direction. Be there to support them but allow them to take responsibility. Teachers can help by creating the space for students to succeed. Earn their trust by dedicating yourself to *their* mission and doing more *listening* than speaking.

In my four years advising the Wipeout Crew, I can honestly say that I have become a much better teacher and a much better man. A student-run organization is inspirational and life-changing. It is as powerful and rewarding as it is challenging - that is for sure. But there's nothing I would rather do than work with young people on the future we're handing them.

A strong community with direction and purpose begins with individual commitment and a no-nonsense resolve. Be that for your students. Commit yourself to them. Show them that you believe in them everyday.

- Mr. Paul Balazs

BUILDING AN 'OHANA

Change begins with one person. However, environmentalism and sustainability are already difficult issues for people to become engaged in. Creating a family with passionate and driven people makes service that much more fun, and establishes relationships that will last a lifetime. You can build your 'Ohana in one of two ways:

1. Find people with the same passion/interest
2. Empower and inspire your friends, family and community to become involved in the fight for sustainability!

Inspiring others is key when creating a strong, passionate community. Empowerment can be done through education, support, engagement and more. Not only is it your duty as an environmentalist to become involved in the issue, but you must also inspire others to join the fight. Change begins with one but a movement needs a family! Support each other and have fun!





ORGANIZING COMMUNITY EVENTS

Organizing an event may seem like a challenge, but it is extremely rewarding and surprisingly simple. Working with your community allows you to:

- Get the word out about the issue
- Work with others with the same passion
- Benefit the environment, your community, and its people
- Improve leadership and organizational skills

Whether it's a beach cleanup at your favorite beach, a sunscreen exchange, or an educational event, anything is possible.

Organizing and participating in community service events allow for an amazing learning opportunities and personal growth. Decide the type of event you would like to host, contact organizations to assist with supplies, get the word out to friends and family. Just remember that as the organizer of an event, you must be mindful of safety, unexpected variables (weather, traffic, etc.) and inexperienced volunteers.

BUILDING YOUR OWN GARDEN

Building a garden is a great way to change the culture of your school! It takes dedication and sacrifice but is one the most rewarding things you can do! You'll find that students are stopping to check it out and asking about how they can get involved; teachers are volunteering their afternoons and weekends; and other clubs look to get involved and be a part of the garden!



Aside from the nourishment of organic gardening, you'll find other positives:

- Stronger bonds and relationships between friends
- Strangers become friends and friends become family
- A deeper understanding of the idea of 'ohana
- Increased individual responsibility of a shared space
- Roles of leadership defined through action and problem-solving
- Creativity and imagination take a natural approach with respect to design and innovation
- Attention to detail and one's own mindfulness take on new depths!
- Being that it's on-campus, students find it easier to dedicate their time

KAISER HIGH'S PEACE AND SUSTAINABILITY GARDEN



We've grown lettuce, spinach, carrots, basil, oregano, cilantro, basil, papaya, sweet potato, cassava, bell peppers, hot peppers, tomatoes, sunflower, beets, onion, strawberries, blueberries, eggplant, squash, kale and cabbage!



CREATING PARTNERSHIPS



Huli, an organization run by Jesse Yonover and Austin Kino, empower students to think of themselves as a part of living history. Huli engages youth to learn from the past and engage mindfully in the present in the hopes of a sustainable future. A typical day with Huli might involve restoring an ancient underground fresh water spring, hiking alongside ancient ruins, learning new languages and cultural practices, removing invasive species along our coastlines or sailing using traditional navigating techniques!

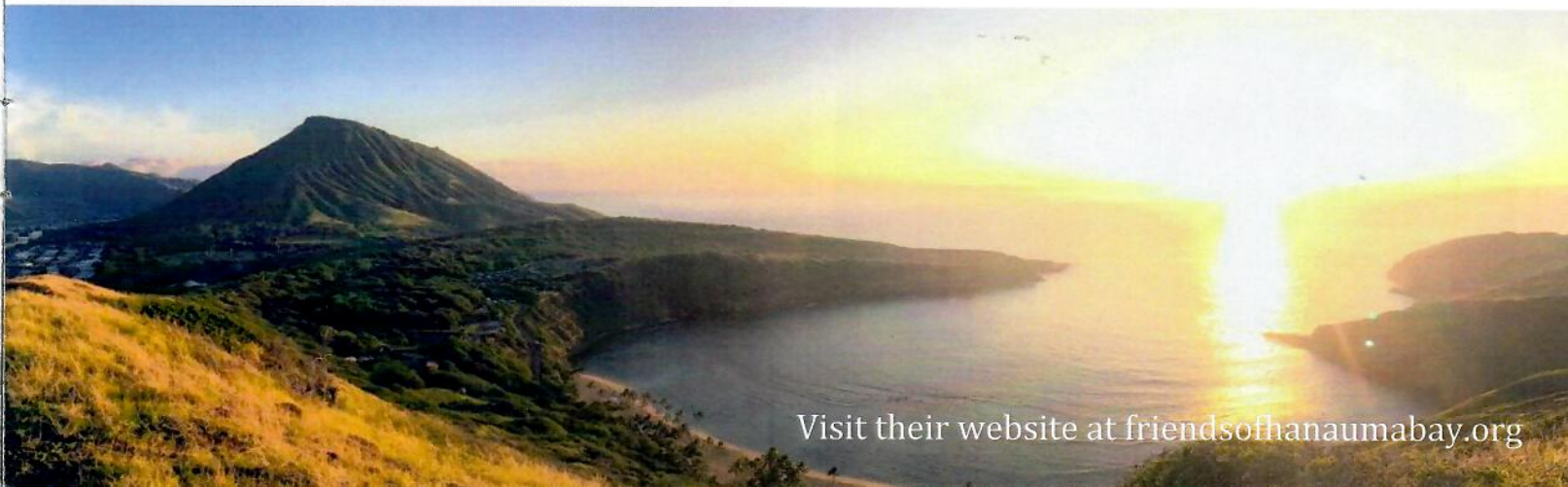
Visit hulithemovement.com for more info.



BUILDING YOUR HUI



Friends of Hanauma Bay is a wonderful organization of energetic and enthusiastic volunteers from the Maunaloa area. They create programs that bring awareness and education to locals and visitors alike! They host quarterly beach clean-ups and sunscreen awareness workshops for bay-goers. Being that Hanauma Bay is a Nature Preserve but also a popular tourist destination, awareness is the top of their priority list! Partnering with FoHB allows us to understand the utmost importance and urgency of education and advocacy.



Visit their website at friendsofhanauabay.org

CREATING A CULTURE OF CHANGE



LEARN. LEAD. DISCOVER.



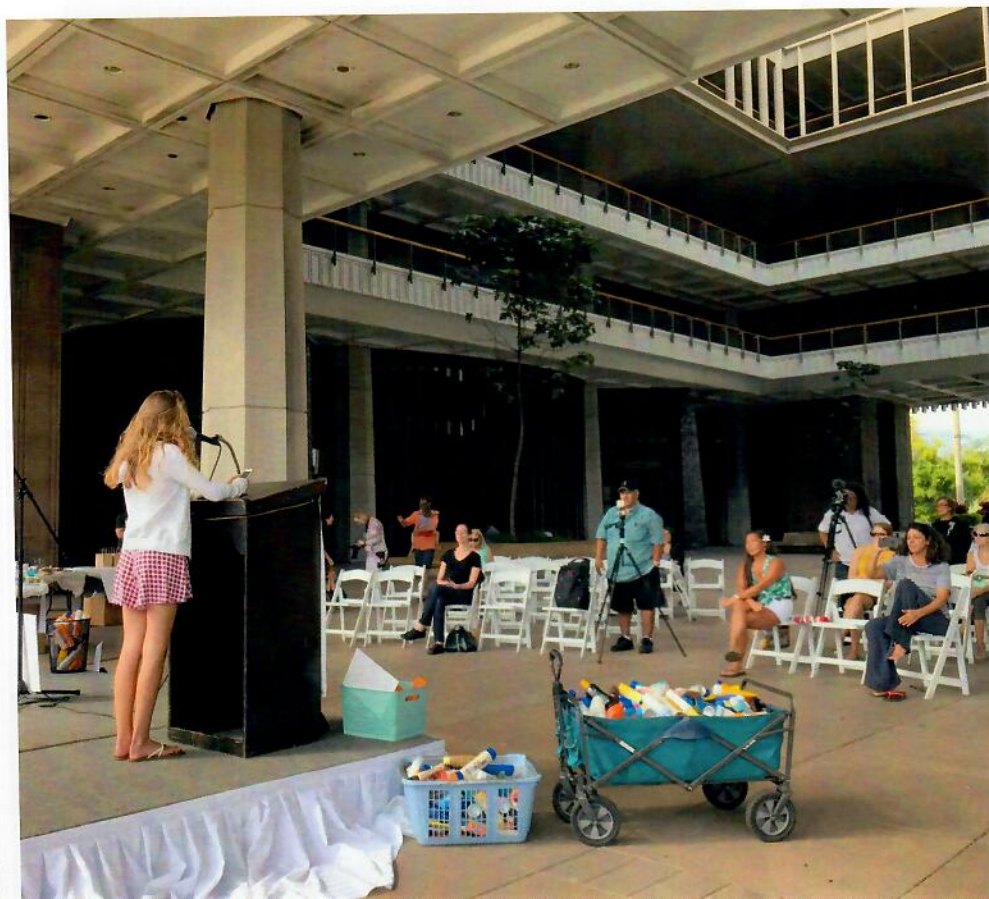
HUMBLE BEGINNINGS

It may all start with a small group of twelve students to make a club. It may begin with an opportunity to create something amazing to inspire others. One thing's for sure though... it is set in motion by you. There are individuals all around us that we have the chance to meet. You must be willing to make that first leap and build what you want this world to look like. You have the power to make your mind-blowing idea a reality. Friends will come together with you and before you know it students and teachers alike will join you. Your community is right there, all you need is a little aloha.



CIVIC INVOLVEMENT

- If there is an issue that you want your legislators to hear about, email them! Writing your community's representatives is a great way to stay involved and create change. If there is a bill you feel strongly about, go to capitol.hawaii.gov, search for the bill, and testify!
- Organize a field trip for your class or friends to sit in on a hearing. Even volunteer to speak and testify in person!
- Host workshops at your school where you walk your peers through the testimonial process!
- Attend civics workshop like the great ones Surfrider Foundation puts on every year!





Visit oahu.surfrider.org for more info.

The Surfrider Foundation is an organization that is dedicated to the protection to the ocean and beach environment. By engaging in a variety of campaigns (including beach clean ups, legislations, education, etc.), the organization works to make change happen.

Wipeout Crew became part of the Surfrider Oahu Chapter. Our responsibility is to empower our peers, engage in the issues, and work with our community to create change. We have learned how to stay creative and innovative, inspire communities and seek new perspectives.

“This has become a norm that exists when our communities get disengaged from the process. Our goal is to reinvigorate the public to be vigilant in protecting the oceans”

- Rafael Bergstrom

Plastic Free Hawai'i, a program of the **Kokua Hawai'i Foundation**, provides the resources and tools to educate the community about the importance of minimizing single-use plastics by going plastic-free. The program supports communities and schools by hosting beach cleanups, film screenings, and docent trainings to deliver Plastic Free Hawai'i educational presentations and teach students how they can lead their own!

The Kokua Hawai'i Foundation, specifically the Plastic Free Hawai'i program, has donated bags and educational materials to encourage a plastic-free mindset among our students. Also, the program inspired our club to work towards the shift from styrofoam lunch plates, to recycled compostable cardboard in our cafeteria!



Visit kokuahawaiiifoundation.org for more info.



808 Cleanups is a nonprofit organization committed to restoring Hawaii's natural beauty by empowering volunteers to conduct decentralized cleanups from mauka to makai, responding to littering and vandalism of Hawai'i's natural space saving Hawai'i's indigenous ecosystem through education, and building sustainable solutions with community partners.

808 Cleanups has been extremely supportive, supplying Wipeout Crew with tools such as gloves, buckets, and magnets. They educated us about how to remove nails left in the sand from pallets used for bonfires.

Visit www.808cleanups.org for more info.

Sustainable Coastlines is a local nonprofit organization that inspires local communities to take care of our beaches through cleanups. They also coordinate waste diversion services, public awareness campaigns, cleanups, educational programs and help others coordinate beach cleanups.

Wipeout Crew has taken part at many beach cleanups hosted by Sustainable Coastlines, most notably their annual Earth Day Beach Clean-up on the Windward side of O'ahu. It is really great opportunity to work with a large organization who does such a wonderful job communicating all these issues to such a wide audience.

Visit sustainablecoastlineshawaii.org for more info.



EXPAND YOUR 'OHANA

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Hosting an event and want to go plastic-free?

Our friends at Kōkua Hawaii Foundation and Styrophobia can help!

Want to adopt your own beach, park or stream?

Join 808 Cleanups and their Adopt-A-Beach program!

Looking for a project in the Maunalua area?

Huli's Maunalua Future Navigators Program and Malama Maunalua's Hukis are a great start!

OUR CHALLENGE TO YOU...

We hope this book has inspired you to create change at your school and in your communities. We challenge you to do some of the projects we did or kick it up a notch!

Each level contains rewarding projects that become more challenging and commitment based.

Level 1:

- Submit testimony online for environmental bills
- Attend a beach cleanup and share your experience with friends

Level 2:

- Testify in person at the State Capitol
- Use reusable utensils, metal straws, water bottles, and bags

Level 3:

- Encourage your school, family or business to replace styrofoam lunch trays with sustainable alternatives
- Organize a beach clean-up

Level 4:

- Make your club or school a chapter of the Surfrider Foundation or get involved with statewide environmental organizations
- Create a compost bin for your house or school

Level 5:

- Build and maintain a garden!
- Host your own environmental event, sunscreen exchange, or seminar to teach your community and peers

A SPECIAL MAHALO TO...



First and foremost, we'd like to thank our friends and family for their incredible support and inspiration. This project led to countless side projects and adventures that we couldn't have undertaken without your encouragement. We'd like to thank the administration, staff and faculty at Kaiser High School for their endless support and involvement in our lives. We'd also have never made it as far as we have without the partnerships and relationships created with incredible organizations like **Friends of Hanauma Bay, Surfrider Foundation, Kokua Hawaii Foundation, 808 Cleanups, Sustainable Coastlines, Malama Maunalua and Huli**. We're so grateful for all your wisdom, guidance and love. Lastly, thank you to the masterminds behind Be The Change. We need more projects like this in our community! Mahalo for sending it our way! We appreciate all you do to inspire change and empower young people to get involved.









