

## Single-Use Plastic Competition – Teacher Guide

### Introduction

This competition is a great opportunity for pupils to investigate single-use plastic in their school and/or community. We are looking for schools to make a video telling us about the single-use plastic problem they have identified and their plan for tackling the issue.

This competition is best suited to upper primary/secondary students. We encourage entries to be pupil-led with their ideas at the heart of the project.

We invite Eco-Committees and classes to:

- Explore the impacts that single-use plastic and plastic pollution can have on children's rights (this can be done from a local or a global perspective),
- Create a proposal on how they would seek to reduce or refuse plastic waste, and how this would support and promote children's rights,
- Prepare a budget to implement their proposal,
- Pitch their ideas to us in a video presentation.

There are prizes to be won with the winner being awarded £300 to put their proposal into action. 2<sup>nd</sup> place will receive £200 while 5 runners-up will each receive £100.

We have a prerecorded video which outlines the details of the competition and would recommend playing it to pupils to introduce them to the competition.

All submissions will also be submitted to [Young Reporters for the Environment competition](#).

**Please send a link to your completed video and a copy of your budget and photo permission form to us at:**

**[education@keepscotlandbeautiful.org](mailto:education@keepscotlandbeautiful.org)**

**Deadline: Friday 9 May 2025**

Please include your school name, address, postcode and details of the group entering (e.g. P5, Eco-Committee) in your email

## Aims and Criteria

Complete an investigation into single-use plastic in your chosen area (school, community etc...)

- Reflect on single-use plastic impacts at a personal, community, and global level. If you see single-use plastic littered, where has it come from? Could it travel far if not collected properly? Where does your recycling go after being collected? Are there sources of single-use plastic within your school? How might plastic be a useful resource – are there positives to plastic? Reflect on the issues in the way that you feel works best for your class.
- Complete at least one lesson on the relationship between plastics and child rights. Having a class/group watch the prerecorded video and complete the activities meets this aim.

Create a proposal that explains the issue(s) you have identified and outlines how you propose to make a difference. Your proposal should be pupil-led

- Focus on the first two of the 5Rs, Refuse and Reduce. These are our best methods to limit single-use plastic pollution.



- Link your work to global citizenship and child rights: <https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>
- Complete the budget table and tell us how you would use the £300 prize money to meet your goals if you win.

Present your proposal in a short video (max 3-minutes) covering what your issue with single-use plastic was, what your proposed actions are, and how it will link with community, rights, and/or global citizenship.

## Proposal and Budget

### Plastic Investigation

This is a suggested method but not required, use the method works best for you. You must show evidence that you have completed an investigation and how your budget of £300 will be used. You can include this evidence in your video pitch.

**Choose an area of your school/playground/community and carry out an audit of the single-use plastic you see there.**

Beforehand, what kind of single-use plastics do you think you will find?

Example of a single-use plastic audit

Location	Straws	Snack Packets	Bottles	Bags	Containers	Cups	Electrics/ Vapes	Wires/Fishing Lines	Small Pieces
<i>Example: Playground</i>									
<i>Canteen</i>									
<i>Community</i>									

### Prompts for deciding how to take action(s)

- Thinking about the single-use plastics we found the most of, what is one way we could deal with this?
- Thinking about why we use single-use plastics, how could we change habits?
- What can we do next to reduce plastic pollution at school/ in the community?
- What skills do you have that might make you successful at motivating others to stop using single-use plastics?

### Budget

Include any items that will help you achieve your proposal; total must not exceed £300.

Item	Amount	Cost	Total
<i>Example: sustainable plastic free jotters</i>	500	0.50p per jotter	£250
<i>Litter pickers</i>	5	£10 per picker	£50
Total			£300

How will the money help your project be successful?

## Create your video

Your video will pitch your project and tell us how you are going to tackle the issue of single-use plastic waste. It will also show the connection to global citizenship, and children's rights.

Please make sure your video is:

- Maximum 3 minutes long
- Horizontal (landscape) format
- Everyone on screen has permission to appear in the video.

Your video should tell us about your investigation and findings, pitch your solution, answer at least 2 of the questions below, and tell us how you would use the £300 to support your proposal.

- Where are sources of single-use plastic in your school/community?
- How does the plastic problem make you and your community feel?
- Why do you think it is important to minimise plastic use?
- How will you work to refuse and/or reduce single-use plastic in your school/community?
- How can single-use plastic impact children's rights?
- How does our plastic use impact people around the world?

**Please send a link to your completed video and a copy of your budget and photo permission form to us at:**

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## Further Guidance and Tips:

### Tone

Informative, not confrontational. Chatty and authentic. It does not need to be perfect!

### Technical Specifications

Horizontal (landscape layout); not too closed-up if it needs to be reframed vertically for social media.

Resolution: 1080 HD or 4K (pre-set resolution)

No professional equipment is required. You can use your phone to capture professional video footage – the quality is just fine for most purposes.

There are still a few things to keep in mind if you are going to use your phone for video creation:

- Use the camera on the back of your phone. The front camera's quality is not as good on most phones.
- If your phone has a feature that allows you to overlay a grid on your screen, use it. This will help you keep your phone level and avoid tilted footage (check Settings/Camera/Grid; grid should be on).
- Sound is crucial. Make sure the location is quiet, and that the speaker's voice is perfectly audible.

### For Testimonials

Place the phone on stable support at eye-level and arm's length (approx. 1m) and stand in the center of the image.

If possible, film yourself in front of a neutral background (but avoid plain white), preferably in a bright place, with natural light on your face (not behind you).

Speak slowly and distinctively, pay attention to your posture. Relax your shoulders!

Pause between each sentence.

Before you start recording, take a deep breath and smile!

### For Extra Footage

Use a tripod to avoid shaky footage.

Shoot plenty of B-Roll footage as it can be useful to show the context (groups of people, the nature around you, your school building, and surroundings). Variety is key: Shoot wide shots, close-ups... as many interesting shots as possible!