Dolphin Defenders

ACTION
Complete the **ACTION** part of Dolphin Defenders by doing at least one of these 14 actions:

**ACTION 1** - Go on a whale and dolphin watching trip
**ACTION 2** - Visit the WDC Scottish Dolphin Centre
**ACTION 3** - Don’t go to places with captive whales/dolphins
**ACTION 4** - Take part in a beach clean or Urban Beach Clean
**ACTION 5** - Avoid single-use plastics
**ACTION 6** - Have a plastic-free birthday party
**ACTION 7** - Influence your school to reduce plastic waste
**ACTION 8** - Eat safely caught tuna fish

**ACTION 9** - Save energy
**ACTION 10** - Save water
**ACTION 11** - Write letters to companies, councils or politicians urging them to protect whales and dolphins
**ACTION 12** - Support a WDC campaign
**ACTION 13** - Create posters or displays
**ACTION 14** - Do a presentation

Send photos of your **ACTION** to education@whales.org
SPOT WHALES AND DOLPHINS
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1) Go on a whale and dolphin watching trip

Seeing whales and dolphins wild and free is a wonderful experience. The best way to watch whales and dolphins and not disturb them at all is from land, which you can do in the Moray Firth, Scotland, and in Cardigan Bay, Wales. You could go on a whale watching trip from the west coast of Scotland - choose a responsible whale and dolphin watching operator, who will teach you all about the local wildlife and take care not to cause disturbance.
SPOT WHALES AND DOLPHINS

There are loads of things to do at the Centre and WDC staff and volunteers will be on hand to tell you more and answer questions. You can enjoy beautiful walks along the beach and the River Spey, spot a seal or osprey and discover Spey Bay’s fishing heritage during a tour of the historic Icehouse.

2) Visit the WDC Scottish Dolphin Centre

Visit the WDC Scottish Dolphin Centre (entry is FREE). Help us look out to sea for the amazing bottlenose dolphins of the Moray Firth.

Check the website to learn more about our wide range of events and activities planned through the year.

dolphincentre.whales.org
Actions to avoid

3) Don’t visit marine parks with captive whales or dolphins

Whales and dolphins don’t belong in tanks. They are highly intelligent individuals and we should not make them suffer in this way for human ‘fun’. Most whales and dolphins live in family groups and life in captivity often means separation from their families, and even being kept alone. You can help us end the cruel exploitation of whales and dolphins in marine parks around the world by simply not buying tickets to go and see them. Only when fewer tickets for captive whale and dolphin shows are sold will wild captures of whales and dolphins for captivity end.

Find out more about how captivity affects whales and dolphins here
uk.whales.org/our-4-goals/end-captivity
Spot Whales and Dolphins

Actions to avoid

Don’t swim with dolphins

Just as most of us wouldn’t hop out of a car and walk amongst wild bears or elephants, it’s not a good idea to jump off a boat to swim with dolphins who are big, strong predators of the sea. Swim with dolphins boats often cause significantly more disturbance than other boats as they have to get very close to the dolphins (often trying many times in a row) to drop off the passengers in the water.
STOP LITTER GETTING INTO THE SEA
4) Take part in a beach clean or Urban Beach Clean

Any litter left or found on the beach will probably wash into the sea when the tide comes in.

Even if you don’t live near the sea, wind and drainage systems can carry litter across long distances, so it could still find its way to the ocean and be eaten by whales and dolphins. Help to keep them safe by doing a litter pick, you could even be sponsored to raise money for WDC!
ACTION 2
STOP LITTER GETTING INTO THE SEA

5) Avoid single-use plastics

Plastic pollution in our oceans poses a real threat to whales and dolphins. 56% of all whale and dolphin species, from small fish-eating dolphins to the largest filter feeding whales, have been recorded eating marine plastics they've mistaken for food.

CHECKLIST

✓ Carry a reusable water bottle
✓ Carry a metal or bamboo straw for drinks
✓ Take reusable cotton bags for shopping
✓ Challenge friends to zero waste school lunches
✓ Choose unpackaged food (or recyclable packaging)
✓ Recycle at home and school
✓ Don’t let go of a balloon or take part in balloon releases

Find out more about ocean plastic pollution
notwhalefood.com
STOP LITTER GETTING INTO THE SEA

You could even “Donate your birthday” for the FUNDRAISING part of Dolphin Defenders!

6) Have a plastic-free birthday party

Is your birthday coming up? Why not try to make the event as plastic-free as possible? Try to find plastic-free ingredients for a birthday cake, make your own paper decorations like dolphin garlands and paper table confetti, and ask your friends and family for plastic-free gifts wrapped without plastic bows, ribbons and sticky tape, using paper-based tape and string. They could even decorate the wrapping with dolphins!

Did you know that glitter is a type of microplastic that can harm whales and dolphins? Try making your own “bioglitter”, search online for instructions!
STOP LITTER GETTING INTO THE SEA

7) Influence your school to reduce plastic waste

Check that your school has a recycling station, and if not, set one up. Create posters to show what can be recycled. Encourage your classmates to recycle and cut down on their use of single-use plastics.

You can also try to influence what your school buys. Schools make lots of choices about what to buy – food for school dinners, art and craft supplies, electricity, computers and much more!

Write a letter or go to see your headteacher or school administrator and ask them to choose plastic-free options wherever possible.

Find out more about ocean plastic pollution
notwhalefood.com
EAT SAFELY
CAUGHT
TUNA FISH

Photo credit: IPNLF & Paul Hilton
8) Check the label when buying tuna

When buying canned tuna, always check the label – if the tuna was caught by pole-and-line fishing then you can be sure that dolphins have not been killed in the fishing process.

However, most tuna is caught by large commercial fishing vessels, some of which use miles of baited hooks and some which use walls of netting around schools of tuna.

Unfortunately, both methods often result in the accidental killing of thousands of marine species, including dolphins, whales, turtles, sharks and seabirds. In the United States (Eastern Tropical Pacific Ocean), some fishermen use speed boats to chase, herd and encircle dolphins with nets to capture yellowfin tuna routinely swimming below the pods of dolphins. As a result, more than six million dolphins have been killed in the last 50 years.

By far the best way to ensure that your canned tuna is the most dolphin friendly it can be is to buy canned tuna caught with pole-and-line, where tuna are caught by fishermen one at a time, using one hook and one line. Look for ‘dolphin safe’ logos.
SAVE WATER AND ENERGY
9) Save energy

Much of the electricity we use comes from burning fossil fuels, which releases carbon dioxide into the atmosphere, contributing to climate change. Climate change is dangerous for whales and dolphins, especially species like the beluga and bowhead whale that live in the Arctic, where the ice caps are melting. Climate change could reduce the amount of food like krill available for whales to eat, so save energy by switching off lights and electronic devices. For your ACTION, try a “no power hour” and spend the time drawing or playing a game outside.
ACTION 4
SAVE WATER AND ENERGY

10) Save water

Whenever you use water from the tap, a lot of electricity has been used to transport and clean it, contributing to climate change, so it’s important not to waste clean water. You can save water by doing things like turning off the tap when brushing your teeth and taking quick showers instead of baths. For your ACTION, collect rainwater in a bucket outside and use it to flush the toilet or to water the plants if you have a garden.

Save both water and energy by growing some vegetables or herbs in a pot outside or on your kitchen windowsill and watering them with rainwater. This saves the energy used to transport the vegetables from other countries.
JOIN A WDC CAMPAIGN
JOIN A WDC CAMPAIGN

11) Write letters

Companies can change how they work, and councils and politicians can influence laws to make the world a safer place for whales and dolphins.

- Write to tourism companies asking them not to work with places that keep whales and dolphins in captivity.

- Write a letter to the member of parliament (MP/MSP/AM) for your area asking them to ban balloon releases and single use plastics, and to support the creation of marine protected areas.

- If you live by the sea, ask your local council to provide secure recycling bins to keep litter from blowing into the water.
JOIN A WDC CAMPAIGN

12) Support a WDC campaign

You can help with one of our campaigns by drawing or colouring a picture, writing a message of support and sending it on to the people who can make a difference.

Draw and send us a picture or poster about whale and dolphin captivity for our “end captivity” campaign, or about dolphins getting trapped in fishing nets for our “Save the New Zealand dolphins” campaign. We’ll pass it on to the right people.
RAISE AWARENESS
RAISE AWARENESS

13) Create posters or displays

Design posters or create a display at school (or maybe in your local supermarket if you can) to illustrate the simple ways in which everyone can help whales and dolphins, for example by using fabric shopping bags, choosing unpackaged food wherever possible, buying pole and line caught tuna fish, saving water and electricity, recycling, and anything else you’ve learnt that will help!
RAISE AWARENESS

14) Do a presentation

Share what you’ve learnt about whales and dolphins and the threats they face by doing a presentation for your class or Brownies/Cubs group, so that they can learn too. Get in touch (events@whales.org) if you’d like some help!

You could even ask whether you’d be able to deliver your presentation to a bigger audience, maybe as part of a year group or whole school assembly. This would be a great opportunity to share your ideas of actions to help save whales and dolphins with other children!

As part of your presentation you could ask your class or school to get involved with fundraising for WDC, there are lots of ideas in the FUNDRAISING part of Dolphin Defenders, like the sponsored silence, that you could do with your friends!
Once you’ve completed your **DISCOVERY** quiz and challenge, your **FUNDRAISING** activity and your **ACTION**, you can receive your **DOLPHIN DEFENDERS AWARD**.

Ask an adult to send your quiz and photos or confirmation that you have completed your activities to education@whales.org along with your address, and we’ll post your certificate out to you. To complete your **Gold Star DOLPHIN DEFENDERS AWARD** you will simply need to complete two more **ACTION** activities or one more **ACTION** and a second **FUNDRAISING** activity.

**CONGRATULATIONS** and thank you for helping WDC to create a world where every whale and dolphin is safe and free.