

How you can help support seagrass

Here are our **top 10 ways** that you can support seagrass meadows:



Share:

Have a conversation about seagrass and tell your friends about your newly learnt seagrass knowledge - you never know what might happen next!



Reflect:

Think about your impact on the Ocean. Our everyday choices matter. Say no to pointless plastic, take steps to reduce your carbon footprint, take the bus, turn off lights and be mindful of what goes down your drain.



Respect:

When you're enjoying seagrass, whether you're on or in the water, remember to minimize your disturbance. Swim or paddle carefully over seagrass meadows, remember to anchor outside of the seagrass, and make sure you know where your local meadow is!



Volunteer:

Give some of your time to protect the Ocean. [Volunteer](#) with our Blue Meadows team, in the seagrass lab, National Seagrass Nursery or our Blue Meadows communities.



Observe:

Every time you spot some seagrass, log it on [the Seagrass Spotter app](#) and contribute vital seagrass distribution data.



Connect:

Find your connection. Visit the beach, swim in the sea or think about the Ocean. How do you connect to seagrass?



Join:

Join our [Blue Meadows Seagrass Community Group](#) on Facebook, to take part in discussions, share knowledge and hear about all things seagrass.



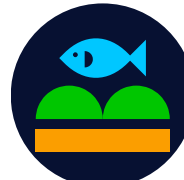
Follow:

Stay up to date and follow our work and the future of seagrass by signing up to our [Blue Meadows Bulletin!](#)



Challenge:

Take the [think Ocean challenge](#) and see how your personality can help you to protect the Ocean.



Donate:

Directly support the restoration and protection efforts of Blue Meadows through our [Mini Meadows Ocean Fund](#).

Together we can make a difference!