



# LifeSmarts

*Learn it. Live it.*

## Key Points

### FAST FASHION COMES AT A COST

Cheap, trendy clothing is often made quickly, creating waste, polluting water, and relying on low-wage labor overseas.

### SECOND-HAND SHOPPING IS A SUSTAINABLE ALTERNATIVE

Buying used clothes reduces textile waste, saves natural resources, and keeps clothing in circulation longer.

### YOUR CHOICES MAKE A DIFFERENCE

Even small decisions, like buying fewer items, choosing higher quality, or shopping thrift, can reduce environmental harm.

## Core Concepts

### ENVIRONMENTAL IMPACT OF FAST FASHION

Producing clothes rapidly uses massive amounts of water, chemicals, and energy. Many items are worn only a few times before ending up in landfills.

### HIDDEN COSTS BEYOND THE PRICE TAG

Fast fashion can involve unsafe working conditions, underpaid labor, and harmful factory pollution that affects communities worldwide.

### TEXTILE WASTE AND OVERPRODUCTION

Clothing is often made cheaply to encourage frequent purchases. When trends change fast, tons of unwanted garments are discarded or burned.

### BENEFITS OF SECOND-HAND SHOPPING

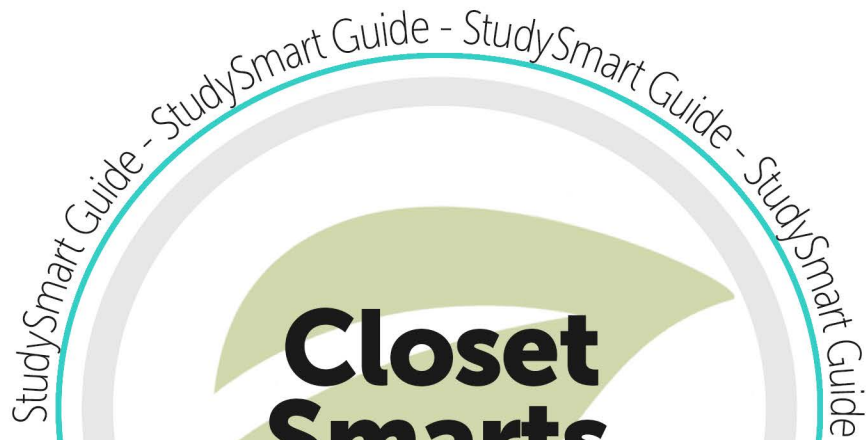
Thrift stores, online resale apps, and clothing swaps cut down on waste, save money, and help extend the life of clothing that's already been made.

### QUALITY OVER QUANTITY

Choosing fewer, longer-lasting pieces saves money in the long run and reduces the cycle of constant production and disposal.

### WAYS TO SHOP MORE RESPONSIBLY

Look for sustainable brands, repair clothing when possible, donate or sell items you no longer wear, and consider renting outfits for one-time events.



# Closet Smarts

## Additional Resources

### Earth.org - The Environmental Impact of Fast Fashion, Explained

Fast fashion drives waste, pollution, and carbon emissions... your wardrobe choices matter  
<https://bit.ly/4mFW2KL>

### Goodwill.org - Thrift vs. Fast Fashion

Why Gen Z is choosing second-hand  
<https://bit.ly/4mCCTJo>

### YouTube - The True Cost of Fast Fashion

How can the fashion industry continue to grow while addressing the environmental need for people to buy fewer clothes?  
<https://bit.ly/45LZ7Df>

### YouTube - Costs of fast fashion fuel a rise in thrift shopping

Some young people are turning to thrift shopping to help the environment and their wallets  
<https://bit.ly/4owkDTW>

## Listen to the Podcast



## Explore and Explain

1. How does fast fashion contribute to environmental problems like pollution and waste?
2. What are the social and labor concerns linked to fast fashion production?
3. How can second-hand shopping reduce the environmental impact of clothing?
4. What are some ways consumers can make more sustainable choices when buying clothes?

*Learning about clothing production and reuse helps you make choices that protect the environment and support ethical practices.*

# Fast Fashion/Shopping

## Acronyms

### CSR

Corporate Social Responsibility

### UPC

Universal Product Code

### POS

Point of Sale

### SKU

Stock Keeping Unit

### EPA

Environmental Protection Agency



**LifeSmarts**

*Learn it. Live it.*

## Vocabulary

### **CIRCULAR FASHION**

A system where clothes are reused, repaired, resold, or recycled to reduce waste

### **CLOTHING SWAP**

A sustainable way to refresh your wardrobe by trading clothes with others instead of buying new

### **CONSUMERISM**

The belief that buying more stuff leads to happiness or status; often drives fast fashion demand

### **FAST FASHION**

Cheap, trendy clothing made quickly to match demand, often harming workers and the environment

### **GARMENT LIFECYCLE**

The full journey of a piece of clothing, from production to disposal

### **OVERPRODUCTION**

When more clothes are made than people can buy, leading to waste and unsold inventory

### **REPAIR CULTURE**

A mindset that values fixing or altering clothes instead of tossing them

### **RESALE MARKET**

Places (online or in person) where used clothes are bought and sold

### **SUSTAINABLE FASHION**

Clothing made with care for the environment and fair treatment of workers

### **THRIFTING**

Shopping second hand, usually at thrift stores, vintage shops, or resale apps