



## Fast Fashion and Its Environmental Impact February 2025 Lesson Plan: High School

**Grade Level:** High School

**Duration:** 60 minutes

**Objective:** Students will critically analyze the environmental and social impacts of fast fashion and explore sustainable solutions.

---

### Materials Needed

- YouTube Video: ["The True Cost of Fast Fashion"](#)
- Photos or articles on fast fashion's environmental and ethical labor impacts
  - From Planet Aid's Blog: [Sustainability - Why it Matters to Consumers](#)
  - [The Environmental Impact of Fast Fashion Explained](#)
  - CNN - [What is Fast Fashion & Why Is It So Controversial?](#)
  - Boston university - [The Aftermath of Fast Fashion](#)
- Sample thrifted/repurposed clothing items (optional)
- Art supplies (optional for creative activities)
- Printed worksheet (included below)

---

### Lesson Outline

#### 1. Introduction (10 minutes)

- **Warm-Up Discussion:**
  - Pose questions to the class:
    - "What factors influence your clothing choices (e.g., cost, trends, sustainability)?"
    - "What happens to your clothes when you no longer wear them?"
  - Lead a short conversation on how consumer habits impact fashion production.
- **Video and Reflection:**
  - Play the YouTube video: ["The True Cost of Fast Fashion"](#) (5 minutes).
  - After the video, ask students:
    - "What stood out to you in the video?"
    - "How do you think fast fashion affects the environment and workers?"

---

#### 2. Research and Discussion Activity (15 minutes)

- **Group Discussion:**
    - Divide students into small groups. Assign each group one of the following topics:
      - Environmental impact (e.g., water use, textile waste, pollution)
      - Ethical issues (e.g., labor conditions, fair wages, child labor)
      - Consumer habits (e.g., overconsumption, brand influence, marketing)
  - **Task:**
    - Using provided articles, handouts, or prior knowledge, have groups create a quick list of the main problems associated with their assigned topic.
    - Encourage students to think critically about root causes and possible solutions.
  - **Share Findings:**
    - Each group presents their key points to the class.
- 

### 3. Hands-On Activity: Sustainable Fashion Solution (25 minutes)

- **Individual or Group Challenge:**
    - Students brainstorm and design a sustainable clothing solution, such as:
      - A line of clothing made from recycled materials
      - A business model that promotes second-hand shopping or clothing rental
      - A campaign to raise awareness about the impact of fast fashion
    - Deliverables:
      - Create a poster, infographic, or written proposal explaining their idea.
  - **Presentations:**
    - Students share their solutions with the class, explaining how their idea addresses the key issues of fast fashion.
- 

### 4. Wrap-Up (10 minutes)

- **Reflection Questions** (whole class or written):
    - "What surprised you most about fast fashion's impact?"
    - "What steps can you take to make your clothing habits more sustainable?"
  - **Key Takeaway:** Small changes, like buying second-hand, repairing clothes, or supporting ethical brands, can significantly reduce the environmental and social damage caused by fast fashion.
- 

### Assessment

- Participation in group discussions and activities.
- Creativity and thoughtfulness in the sustainable fashion challenge.
- Completion of the worksheet

