

# Join SpongeBob and Become a Friend of the Ocean!

The Surfrider Foundation, SpongeBob, and his crew invite you to protect our ocean, waves, and beaches with these ocean friendly tips. Small actions contribute to big change!

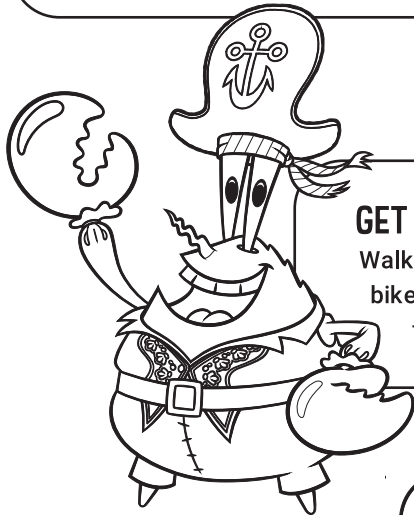


## DITCH PLASTIC CUPS & BOTTLES

Skip single-use and bring your own water bottle with you.

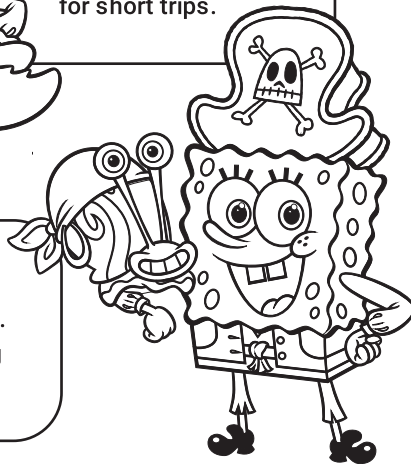
## PICK UP YOUR TRASH!

See trash? Grab it so it never reaches the sea!



## GET AROUND GREEN

Walk, skate, or ride your bike instead of driving for short trips.



## RESPECT WILDLIFE

Don't touch sea creatures. Remember, you're visiting their home.



## JOIN A LOCAL SURFRIDER CLUB OR CHAPTER

Get involved, volunteer, and have fun while you give back!



THE OCEAN NEEDS MORE FRIENDS  
LEARN MORE AT [SURFRIDER.ORG](http://SURFRIDER.ORG)

