**Financial Education Animated Video Series**

**“Say No to Excessive Consumption to Protect our Beautiful Earth”**

**Transcript**

As society advances and our standard of living improves, people want to pursue an aspirational lifestyle.

Trendy fast fashion is inexpensive and widely available, so many young people prefer it.

Plenty of water and lots of chemicals are used in manufacturing a shirt.

The production process will emit hazardous greenhouse gases, which may cause environmental pollution.

However, you may not have considered the pollution caused by the production of a shirt when shopping.

Also, with the rapid development of the Internet, there are still many affordable commodities on the web for consumers to choose from.

However, is buying tons of seemingly cheap fast fashion truly frugal?

Our beautiful planet is now suffering as a result of human consumption.

How can we change the situation?

First, choosing a piece of high quality clothing is preferable to buying many pieces of easily disposable fast fashion items.

Second, donating unfit clothes to impoverished areas can not only help others but also achieve recycling.

Third, refrain from unnecessary consumption and live a simple lifestyle.

Fourth, keep accounts and records to avoid overconsumption.

Fifth, make a shopping list in advance to avoid impulsive consumption.

Sixth, don’t be tempted by discounts. Remember to consume rationally.

Let’s be smart and environmentally friendly consumers, and restore the original beauty of Mother Earth.