

People

A call to take action

Liz Bonnin says there's hope in the fight against plastic pollution.

Liz Bonnin, the science and nature TV presenter, says that filming her latest documentary, *Drowning in Plastic*, on BBC One has changed her life forever.

The programme looked at the damaging effect that the trillions of pieces of plastic in our oceans are having on marine life. The issue was far worse than she first thought; she saw polluted rivers, coral reefs at risk and animals suffering as a result of our plastic waste.

"I completely underestimated the scale of the problem," Bonnin tells *The Week Junior*. "It's a huge issue and I hope the programme inspires every single individual to do more."

She says that although we can't ignore the extent of the pollution, and although the programme may be upsetting to watch, it is important to understand what is going on. Bonnin is confident it is an issue we can fix. "I have met enough extraordinary people with the most inspiring minds and creativity to solve this problem," she says. "We just need to take action now."

At school Bonnin loved biology and chemistry, and afterwards she studied biochemistry. She has always been interested in science and the natural world, but it took

her a while to find out what she wanted to focus on. Her advice is "just love what you do". "It's important to find your passion in life," she says. "It can take time, though, and don't be tough on yourself. Just enjoy it. Try out different things, join clubs and conservation projects. Your path will become clearer."

After filming her documentary, she says she was inspired to do more. At the end of November, Bonnin is giving a talk at the Royal Geographical Society in London about plastics and how we can all help solve the problem. There will be four experts to answer any questions and give people the knowledge and encouragement to make changes.

She is hopeful about the role that young people can play in clearing up the planet. "Children are leading the charge and it's wonderful to see that happen," she says. "It is easy to become demoralised that the problem is too big, but I know we have everything at our disposal to fix this."

For tips on how to reduce your use of plastic, head to BBC *Plastics Watch*, at tinyurl.com/TWJ-plasticswatch.

Liz Bonnin made a documentary called *Drowning in Plastic*.



DID YOU KNOW?
More than 16 million tonnes of plastic packaging is produced every year in Europe alone.