

GREENEST

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Think

Film is a powerful tool for getting information in the public debate – and one documentary, *The True Cost*, allows its audience to truly grasp the fashion industry’s toll on people and the planet.

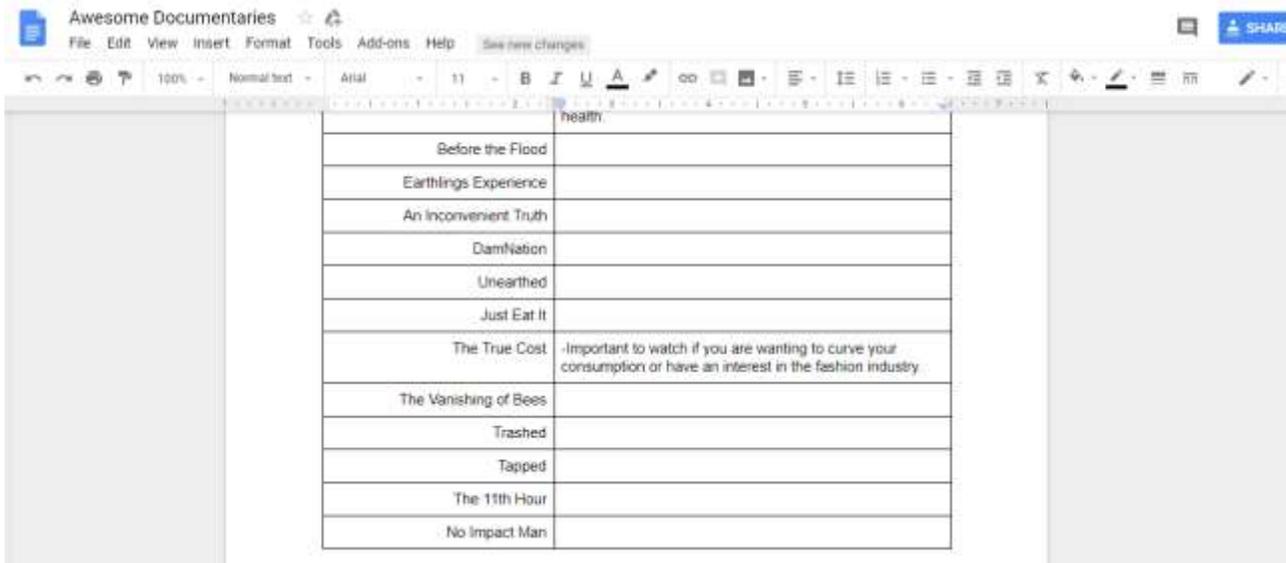
Challenge

- **Gather a few friends or family members and watch the eye-opening 90 minute documentary, *The True Cost*, on Netflix (or other outlets).**
- **Following the screening, host a Q&A with your friends. Gauge their reaction to the film by asking them the following questions (or some of your own):**
 - **What did you take away from this film? Can you sum up your reaction in three words?**
 - **What changes will you make when you go shopping in the future?**
 - **What will you do to spread the message about the impacts of fast fashion to friends and family?**
 - **What did you take away from this film?**
- **Summarize your friends’ comments as well as answer the discussion questions yourself in a paragraph or two.**

When I asked these questions of a friend, Molly F., who watched the movie with me tonight, her answers were similar to mine. She told me that this documentary was, to her, “Interesting, depressing, and eye-opening,” summed up in three words. My personal response after watching *The True Cost* again was that the film made me feel “Sad, inspired (to make changes on a personal level), and hopeful (for large-scale changes to the system).” After the film, Molly and I started talking about what we (individually and societally) ought to do. Molly said that she thought it was important to ‘look for the brands which don’t support this sort of exploitation, and buy clothes from them instead of supporting unethical ones.” I agreed with her, and also suggested that it’s important to reduce our consumption of clothing and textiles overall, especially seeing as textile waste is on the rise. We concluded that buying clothes secondhand only when necessary is a good alternative to fast fashion, but that it will not be catalytic enough to cause a shift in consumption.

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The True Cost was recommended to me by my close friend Becky last year, and now that I've passed it on to a friend, I've realised the power of social shifts stemming from friends. Relaying this connection to Molly, she said she'd suggest it to her parents, brother, and friends to watch because 'I think they'd appreciate learning more about this.' As soon as I watched the documentary last year, I immediately re-watched it the next day with my parents so they could see, as well. It was already on the Environmental Residence Council's list for documentaries and environmental movies to screen in residences, and now I'd like to emphasize how powerful a movie it is.



The image shows a screenshot of a Google Docs spreadsheet titled "Awesome Documentaries". The spreadsheet contains a list of documentaries in a table format. The first column lists the titles, and the second column provides a brief description for one of the titles. The interface includes a menu bar (File, Edit, View, Insert, Format, Tools, Add-ons, Help) and a toolbar with various editing tools. A "SHARE" button is visible in the top right corner.

| | health |
|-----------------------|--|
| Before the Flood | |
| Earthlings Experience | |
| An Inconvenient Truth | |
| DamNation | |
| Unearthed | |
| Just Eat It | |
| The True Cost | -Important to watch if you are wanting to curve your consumption or have an interest in the fashion industry |
| The Vanishing of Bees | |
| Trashed | |
| Tapped | |
| The 11th Hour | |
| No Impact Man | |

SUBMITTED AT: 1:50 am ET 24 October