Dear friend,

I made you this gift because I’m worried about how plastics pollution disproportionately impacts women and girls. For example, microplastics have recently been found in human placentas because women have breathed them in or ingested them during pregnancy. In East Asia, women who handle plastic marine litter are suffering serious health complications as a result of the chemicals in the plastics. The processes of making, shipping, and disposing (even recycling) plastics all use fossil fuels, and we know that the climate change this brings about impacts women and girls more.

This gift is a heart to wear on your sleeve, to show that you care about these things too. The green stands for the world we are part of, and the purple and green together stand for women and girls. If you would like to wear it, please go ahead. It was made with love.



Find out more at [www.heartsonoursleeves.net](http://www.heartsonoursleeves.net)