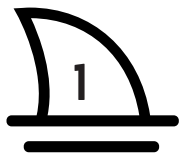# HOW TO HELP SHARKS
8 WAYS TO CAUSE A SEA CHANGE

1 **Learn more about sharks** and why they're vital to the health of our ocean. Sharks aren't the man-eaters portrayed in the media. They come in all shapes and sizes and help keep ocean ecosystems in balance. Learn more from NOAA Fisheries, National Geographic, and the Florida Museum.

2 **Choose sustainable U.S. seafood**. U.S. fisheries, recognized as the global leader in sustainable seafood, are regulated by NOAA using science-based management plans that ensure healthy populations of sharks and other species. Learn how to make educated seafood choices at FishWatch.

3 **Report shark sightings** in the Ocean Alert app (iOS, Android). Your sightings of sharks and other marine animals will be used by scientists to better understand where and when animals occur, which can enhance conservation efforts.

4 **Fish responsibly.** If you fish for sharks, make sure to follow all regulations and use best practices to safely handle and release them. Report the sharks that you caught and any depredation events (sharks taking a bite out of the fish on your line) through the eTrips app.

**5** **Stay safe around sharks.** Reducing shark encounters is better for people and sharks! Learn how you can stay safe when swimming in the ocean.

6 **Help clear the sea of marine debris.** Ocean plastic is a problem that impacts sharks and other marine animals and their habitats. Learn more about the problem and what you can do by watching the NOAA Ocean Today Trash Talk video collection and visiting the NOAA Marine Debris Program website.

7 **Reduce your carbon footprint.** Sharks and other marine animals are being impacted by climate change. Learn more about what NOAA is doing to study the impact on sharks and what you can do about climate change.
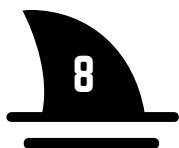
8 **Spread the word!** Share this Ocean Today video and this list with your friends. Let's cause a sea change for sharks!

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