

TALKING TO YOUR KIDS ABOUT TOXINS:

A HEALTHY CONVERSATION FOR A HEALTHIER FUTURE

BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU

Keep it simple. But, be honest.

You don't need to give a full science class.

Kids just need to know:

- Some everyday products are made with harmful chemicals.
- These can affect how our bodies grow, feel, and stay healthy.
- We can make better choices—like using safer products, eating real food, and reducing plastic.

How to get the conversation started:

- “Did you know some soaps have fake fragrances that can make us sick?”
- “What do you think happens to that plastic bottle after we throw it away or put it in the recycle bin?”
- “Let's try a cleaner version of that snack/body spray/shampoo that makes us stronger.”
- “How do you think we could make our home or school healthier?”



WHY IT MATTERS:

Environmental toxins are everywhere—in our clothing, the air, our food, plastic packaging, cleaning products and even our water. Start small and keep it simple. Kids are smart and curious, and talking to them about making cleaner choices can help them build lifelong healthy habits and awareness.



HOW TO MAKE IT STICK:

- Model it: let them see you making mindful choices.
- Talk about your choices. Keep it positive: focus on solutions, not fear.
- Celebrate small wins: “That was a great swap!”
- Connect it to their world: health, the ocean, pets & animals, sports performance, or skin care.

KNOWLEDGE THAT PROTECTS

Talking to kids about toxins isn’t about scaring them—it’s about educating, empowering, and protecting them. Start small. Keep it real.



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GIVE US A FOLLOW:



Age Appropriate Ideas:

Ages 4–7

- Use simple language: “Some products that we use have yucky stuff in them that’s not good for our bodies or the Earth.”
- Focus on safe swaps: “Let’s use this glass cup instead of plastic!”
- Talk about how our health and nature are connected.

Ages 8-12

- Explain that some ingredients like fragrance chemicals can be “air and water pollutants.”
- Let them make choices: “Which snack is cleaner with less ingredients?” or “Do you recognize everything listed in this snack? Let’s look up what we don’t know here!”
- Encourage questions and curiosity.
- Try using an app like YUKA or EWG Healthy Living

Teens

- Be direct about health impacts of chemicals in their rapidly changing bodies: acne, hormones, mood, fertility, and energy levels.
- Discuss labels and ingredients: “Let’s check for phthalates, parabens, or PFAS.”
- Empower them: “You can choose what goes on and in your body.”