

TEENS & TOXINS: WHAT YOU DON'T KNOW CAN HURT YOU



WHAT ARE ENVIRONMENTAL TOXINS?

Environmental toxins are chemicals found in plastics, personal care products, food packaging, water, air, clothing, electronics, and more. While these are harmful to everyone, teens are in a critical stage of growth, making exposure especially risky.

WHY TEENS ARE MORE VULNERABLE

HORMONAL CHANGES

- Teens are undergoing major hormonal shifts. Toxins like phthalates, PFAS, and parabens can disrupt this process and lead to early puberty, hormonal imbalances, and reproductive issues.

HIGH PRODUCT USE

- On average, teenage girls use 17 personal care products per day, and boys use around 8-12. Many of these contain endocrine-disrupting chemicals (EDCs).

BRAIN DEVELOPMENT

- The teen brain is still forming—especially in areas related to decision-making, memory, and emotional regulation. Exposure to heavy metals, pesticides, and flame retardants has been linked to ADHD, mood disorders, and reduced cognitive function.

ULTRA-PROCESSED FOOD & PLASTIC

- Many teens consume food stored or heated in plastic. These can leach BPA and phthalates—linked to obesity, insulin resistance, and lower fertility.

ENVIRONMENTAL IMPACT

- Many teen-used products (fast fashion, single-use plastics, synthetic makeup) are petroleum-based and non-recyclable.
- Toxins from these products enter landfills and water systems, affecting wildlife, oceans, and future food systems.
- Vapes and e-waste from electronics contribute to toxic heavy metal pollution and unsustainable resource use.





WHAT TEENS CAN DO STAY SAFE

- Ditch scented body sprays and synthetic fragrances—go fragrance-free or choose clean brands.
- Choose natural fabrics and non-toxic skincare (look for EWG-rated products).
- Don't microwave plastic—use glass or ceramic instead.
- Cut back on ultra-processed, packaged foods.
- Speak up! Ask for greener school policies on food, cleaning, and materials.
- Get involved with eco-clubs, awareness campaigns, or local cleanups.

**Teens today are inheriting a toxic planet
—but they also have the power to
change the story.**
**Understanding what's in your products,
food, and clothing is the first step.**

BEACHES GO GREEN 2.0



TO LEARN MORE:



www.beachessgogreen.org

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HIGH-EXPOSURE TOXINS FOR TEENS

PHthalates

FRAGRANCE, PLASTIC, COSMETICS

HORMONE DISRUPTION, WEIGHT GAIN

PARABENS

SHAMPOO, LOTION, FACE WASH

ENDOCRINE DISRUPTION, EARLY PUBERTY

PFAS

WATER-RESISTANT CLOTHES, FAST FOOD
WRAPPERS

IMMUNE SUPPRESSION, THYROID ISSUES

BPA

CANS, PLASTIC BOTTLES

FERTILITY ISSUES, BRAIN DEVELOPMENT

HEAVY METALS

VAPES, OLD PIPES, CHEAP JEWELRY

NEUROLOGICAL DAMAGE, LEARNING ISSUES