

## What is Fast Fashion?

Fast fashion means making clothes very quickly and selling them at low prices so people can buy new styles often. Imagine your favorite T-shirt or dress coming out very fast in stores right after you see it on TV or social media!

## How Does Fast Fashion Work?

1. **Design:** Companies find out what clothes are popular and design similar ones quickly.
2. **Production:** Clothes are made fast in factories, sometimes in countries far away where making clothes is cheaper.
3. **Sales:** Stores sell these new clothes at low prices so many people can buy them.

## Why Do People Like Fast Fashion?

It is cheap and up-to-date with the latest trends, so people can wear new styles without spending a lot of money.

## What Are Some Problems with Fast Fashion?

- **Environment:** Making a lot of clothes quickly uses lots of water and energy, and it creates waste because many clothes are thrown away.
- **Workers:** Sometimes, the people who make these clothes work in poor conditions and get paid very little.

## How Can We Help?

Instead of buying lots of fast fashion clothes, we can:

- Choose clothes that last longer.
- Wear hand-me-downs or swap clothes with friends.
- Recycle or donate old clothes.

By doing these things, we help protect the planet and treat people more fairly!