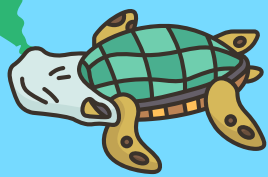
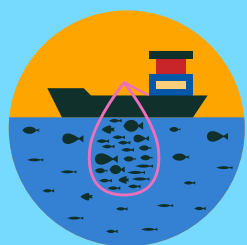


GCC JOURNAL

May 12th



THOUGHT OF THE WEEK

Overfishing is a major concern that endangers both the marine environment and the livelihoods of coastal communities. The excessive exploitation of marine resources, driven by the persistent demand for seafood, has led to a decline in fish populations and environmental degradation. This practice disrupts the delicate balance of ecosystems, resulting in dire consequences that extend beyond depleted fish stocks.

The term "overfishing" refers to capturing more fish than can naturally replenish, leading to a decline in fish populations and overall ecosystem health. According to the Food and Agriculture Organization of the [United Nations](#), within just half a century, the number of overfished stocks worldwide has tripled, pushing one-third of assessed fisheries beyond their biological limits!

However, the impacts of overfishing are not only limited to the marine environment. Coastal communities heavily reliant on fishing face repercussions too. As fish populations decline, employment opportunities decrease, and the economies of these regions suffer. Moreover, this issue jeopardizes the crucial protein source that billions of people depend on, posing a threat to food security and the livelihoods of millions.



RESOURCES

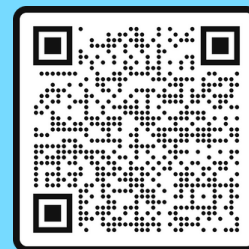


Watch [this short video](#) to get a better idea of what overfishing is.



Watch [this 4 minute TED Ed](#) explainer video to understand the risks of overfishing.

Read [this article](#) for detail on the steps taken by the WWF to combat overfishing.



Read [this article](#) to check out the potential solutions to overfishing.



CALL TO ACTION



- Opt for sustainably-sourced seafood. You can look for certifications like the Marine Stewardship Council (MSC) label, and support local fisheries.
- Speak up for stricter regulations, catch limits, and effective monitoring systems to prevent overfishing.
- Minimize waste through responsible consumption, meal planning, and utilizing the whole fish or lesser-known species.
- Contribute to reputable NGOs working on sustainable fisheries, research, and education.
- Participate in citizen science initiatives monitoring fish populations and gathering data for research and conservation efforts.