

Simplified Speech #180 – Fast fashion

AD-FREE

Episode description

Andrew and Kassy tackle a big topic in this episode – the problem with fast fashion. Fast fashion is when clothes are made quickly and cheaply, so people can buy new styles often and at low prices. Although this sounds like a good thing, it's bad for the workers who make the clothing and it's bad for the environment. Give this episode a listen and learn about the topic of fast fashion and Andrew and Kassy's personal relationships to fashion.

Fun fact

In response to the fast fashion industry, some people have called for a “slow fashion” movement. Slow fashion means making and buying clothes more thoughtfully and carefully. Instead of buying cheap apparel in high quantities, slow fashion is about buying sustainably made clothing that can be reused for a long time.

Expressions included in the study guide

- to be in tune with
- to size someone up
- to catch someone doing something
- fear of missing out (FOMO)
- to fork over
- to get behind something



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Simplified Speech episode 177. Fast fashion. Featuring, Andrew and Kassy.

Hello, everyone. Welcome back to Culips. You're listening to Simplified Speech, which is our series, which features clear, natural, and easy to understand English conversations about an interesting topic. Today, I'm joined by my cohost, Kassy. Hey there, Kassy.

Kassy: Hey, Andrew. And hey, everyone, how's it going?

Andrew: I'm doing great Kassy. And I'm excited for today's episode, because I think we do really have a fascinating topic to chat about today, we're going to be talking all about fast fashion, fast fashion. This is a really important issue. And I think maybe some of our listeners won't know what we mean when we say fast fashion. So, if you don't know what fast fashion is right now, don't worry, because we'll explain everything in just a moment. And I promise, by the end of this episode, listeners, you will be an expert about this issue.

Kassy: Andrew, I think we should start it off by breaking down what exactly fast fashion is?

Andrew: Yeah, let's do that because as we mentioned, maybe some of our listeners are not aware about it. And to be perfectly honest with you, Kassy, I wasn't even really aware about fast fashion myself, I guess I could say I was vaguely aware. But recently, I watched a mini documentary on YouTube about this topic. And I started thinking about it more deeply and its global impact. And I thought it would be great to talk about here on the podcast as well, because it really, really, truly is a global issue. So essentially, what fast fashion is, is when clothing manufacturers try to replicate hot or trendy looks. So maybe there's like a brand-new fashion show, like Paris Fashion Week or something and there's

all these new looks and designs. Or maybe there's a new celebrity trend on Instagram, and you see a pop singer or a movie star, wearing some kind of cool clothes. And these clothing manufacturers, these fashion companies, they want to copy those designs, and bring them to the market and sell them as quickly as possible. So, I think that's where the word fast comes in fast fashion. So, clothing manufacturers then they're taking inspiration from high fashion, fashion shows, celebrity fashion, these kinds of places. And they're quickly, very quickly mass producing these clothes as quickly and as cheaply as possible. And the idea is to sell the clothes before the trend dies off, right? So, before these looks become not popular anymore, fashion is so cyclical, right? It's like something is hot for a moment and then quickly the next season, there's a new design. So, the fashion companies then, the clothing manufacturers are producing these clothes, selling them quickly and cheaply and trying to keep demand as high as possible as well. But there's a dark side to this also because when you produce clothes for such a cheap price, and when you have such a high turnover of fashion, and what we mean by a high turnover is that people are changing their clothes all the time, well, this has a massive environmental impact. For example, Kassy, you know, we are in the summer right now. And pretty soon the fall and winter looks will be coming out. And consumers will want to go and buy new fall and winter clothes. So, when things are cheap, we'll just go and we'll buy a lot of it, right? But cheap clothes are usually very poorly manufactured, and so they're not built to last. And as soon as the next season comes around, as soon as it's spring, we'll kind of just throw those clothes out and buy some new spring clothes. And then when fall and winter, come around next year, we'll just replace those clothes that we threw out with new designs, new fashions, new looks, because it's affordable, right? So, this just has a massive impact on the world's environments as a whole from the production process, creating fabric from the manufacturing process, creating these clothes so cheaply, the shipping process, getting these close to all corners of the world. And then of course the impact of throwing the clothes out, all of these clothes end up being burnt or going to the landfill and very often they're not recycled. So, in a nutshell, then this whole process is what we refer to as fast fashion.

Kassy: What an introduction, Andrew! I'm impressed, two claps.

Andrew: Two claps. Clap, clap. So, Kassy, I guess what I would like to ask you is, were you aware of fast fashion? Like, how big of an issue is it in your life? Is it something that's on your radar? Is it something that you think about at all? Did you know about it previously?

Kassy: Yeah, I think I've known about fast fashion since high school, probably, as a young teenage girl, I loved going to the mall and going to stores like H&M and Forever 21 and these stores are very much fast fashion.

Andrew: Yeah, exactly. So, stores that are really global, right? Like Zara, H&M, Uniqlo, Forever 21, like you mentioned. These are some of the big-name clothing retailers that are always brought up when we talk about fast fashion. So, even as a high school student, you were aware of this problem.

Kassy: I can't say from experience, but I think girls **are** more **in tune with** this problem than men because we do a lot more fast fashion shopping, I would say on average. Especially young girls, because we don't have the money and fast fashion, even though it's the horrible cycle of exploited labor and you know, bad for the environment, just like you said, but you know, when your wallet has only a couple of dollars in it, that's where you like to go, because you can afford buying a couple of new outfits instead of one more expensive outfit.

Andrew: Right. Retail therapy, so to speak, right? Like it feels good to buy something new. And when you can get a lot of bang for your buck, meaning that you can buy a lot of things for a cheap price. That feels good, absolutely. Kassy, I'm curious about two things, actually. Now, and also previously, when you were a high school student, did you ever feel a pressure to follow fashion trends? Was it something that you wanted to keep up with?

Kassy: Yes, of course, I definitely felt that way more when I was in high school than now. But there's a lot of internal pressure on teenage girls, Andrew, they're all staring at each other, **sizing each other up**. So, fashion was definitely a big thing in high school.

Andrew: Yeah. And I imagine these days now that students in high school, university, just people in general, we're connected so much more than ever before. So, you know, it's hard to avoid trendy looks on Instagram, on social media. You know, I'm not even a big fashion guy myself, I don't really care too much about fashion trends. I always just tried to look plain and simple, you know, something basic, that's...

Kassy: Classic.

Andrew: Classic. Yeah, I guess that is how I would describe my fashion sense is I just want to be basic and plain, nothing fancy, and timeless. Maybe that's a good word, timeless. But that being said, my Instagram ad feed, so the ads that I'm shown on Instagram, there are so many clothing related ads. And I don't know why the algorithm is feeding me all of these clothing ads, like I don't even shop for clothes very much at all. So, I can only imagine that if you were a fashion person, or if you were somewhat interested in fashion, that you must be getting so many ads delivered to you. If someone like me who's not even really interested in it, or doesn't do too much shopping for clothes online, I'm getting this many ads.

Kassy: Yeah, I think it's definitely a big problem, especially because those advertisements are so widespread. You think everyone's buying it. And then all of a sudden, everybody is buying it. So, then you feel like oh, I have to buy it. So then even more spread. And you're right, that's how it becomes a trend very quickly.

Andrew: So, an interesting fact about fast fashion, which, you know, I'm not sure about the validity of this fact, I can't say for certain if it's true or not, but I did see it online on several different websites. So, to me, it's unbelievable, but it could be true, I guess. And

this fact is that the average American throws away 81 pounds of clothing per year. 81 pounds, that's around 36 kilograms of clothing per year. Now if I had to guess I would say that all of the clothes that I own combined probably are only like 30 kilograms. So that is why to me it's almost an unbelievable statistic. Can you believe this Kassy, that the average American throws away 36 kilograms of clothing per year?

Kassy: Yeah, that seems like a lot. However, I even have one of my best friends from last year who's not American, I'm pretty sure she throws away close to 36 kilograms of clothes a year. There's a lot of people out there who just really love fast fashion always have to be on the latest trends. And when you can get T-shirts and shorts for five dollars apiece, I mean, it's pretty easy to throw away that amount.

Andrew: Right. When you're buying something for that low of a price, then it's disposable, right? It's almost like you're renting the look for a couple of days. Wear it once or twice, and then just clear your closet and throw it in the garbage.

Kassy: Exactly. So, this friend that I'm mentioning from last year, she really loved Instagram. She loves fashion, but you **would never catch her wearing** the same outfit in an Instagram picture ever. So yeah, I would say, "Oh, I love this dress on you. Why don't you wear it tonight?" She's like, "Oh, no, I'm taking pictures for Instagram. I've already worn this dress."

Andrew: One of the things that kind of shocks me because you know, we post pictures on our Culips Instagram page. And so sometimes I'm honestly a little bit embarrassed because I noticed that the clothes, I'm wearing in an Instagram photo are the same that I've worn on Culips from like five or six years ago, like I just don't replace my wardrobe very often. To me, I live by the expression, "if it ain't broke, don't fix it." So, you know, I try and wear clothes until the bitter end. If they rip, if there's a hole, if there's a stain, then of course I throw it out. But I rarely throw out clothes just because I want to trade it in for the newest look or something like that.

Kassy: Yeah. So, this kind of topic might be really surprising for you. But there's others who are like, "Oh, yeah, me, my friend, my best friend, my mom, my sister, we're all like this."

Andrew: I think that's probably the case. And maybe that's why it was so shocking to me to learn more about this issue in detail. I'm wondering, Kassy, what's your opinion, like, who's to blame for this? Because really, it's creating a lot of negatives, right? It's bad for the environment on multiple levels. It's bad for workers in the global south. There's a lot of people in developing countries who end up working in factories, creating these clothes for really poor wages, and they're not making a lot of money doing this. That's an issue. I also read online that up to 20% of global water pollution, 20% of global pesticide use is linked to fast fashion. So, there is a big negative impact but who's to blame? Is it the big clothing stores, like some of those companies we mentioned earlier? Is it the consumer, are we to blame when we buy fast fashion products? Or is it the blame distributed amongst everybody and then as a result, nobody feels guilty? I think that might be the case.

Kassy: Yeah, I think it's a systemic problem. So systemic means you know, the system as a whole. So, you know, social media gives people this **fear of missing out, FOMO**. So, they feel like they need to buy these trendy clothes. And then on the flip side, salaries are stagnated or even lower due to inflation, while the cost of living is increasing everywhere. So, people can't really afford the higher quality clothes that they might have been able to in the past. And then also, due to social media, people feel like they need to have more than they used to in the past. I read an article that said, you know, a couple of decades ago, people had, you know, maybe seven to ten really nice outfits that they rotated every week, week, and a half. But now people have, you know, one shirt for every day of the month or more.

Andrew: Yeah, so Kassy, I think you're absolutely right about that. I think it's a systematic issue and probably there are many people to blame. It's not solely the consumer. It's not solely the manufacturers but maybe everybody involved is partially to blame. I'm curious if

there were options for you and sometimes it's not even easy to find alternative options, right? Like, I know that I've tried to find sustainable clothing made in Canada, like I wanted to support Canadian small business and buy some Canadian made clothes. I've tried to search for that in the past. And it was almost impossible. There are not very many clothing companies that exist in Canada. And the ones that do are ultra-boutique and like really, really expensive. Some of the only ones that I found were actually shoe and boot companies. And they were like, 1000s of dollars for a pair of boots. So, that was way outside of my budget, unfortunately. But I'm wondering, like, hypothetically, if you could find some clothes that were well made, that were sustainable, they're good for the environment, they were produced by workers who are paid a living wage and treated fairly and humanely, but on the other side of the coin, the price is much higher, right? So, maybe the price of the clothes, it would be like ten times higher, would you be tempted at all to buy this option? Or would you still rather maybe opt for the fast fashion?

Kassy: Such a tough question, Andrew, because I'm so fashion illiterate, it just breaks my heart to spend so much money on clothes. So, I don't know if I would be willing **to fork over** ten times more money for something sustainable like that. It depends on the product, if it's like a coat, or a really great pair of shoes, 100%. But if I had to buy my whole wardrobe like that, I think it'd be too much of a sacrifice, honestly. But the solution to that is thrifting, which I do love to do.

Andrew: Yeah, that's actually a really great thing that we should talk about is thrifting. So, by thrifting, you mean buying used clothes, right?

Kassy: Exactly, yes.

Andrew: And yeah, I think absolutely, that's an awesome way to get new clothes, new to you, but not necessarily new in the sense that they were just manufactured. So, doing that saves those clothes from going to the landfill, right? So, it's got some environmental benefits and it also has economic benefits, because they are usually much, much, much

cheaper even than buying brand new clothes. So even fast fashion, which has such a low price to begin with, if you go to a thrift store and you buy it secondhand, then you can really save some money as well. So, I totally agree that thrifting is maybe one of the best ways to avoid being caught up in fast fashion.

Kassy: Exactly, yeah, you can buy fast fashion recycled so that you're not part of the problem. But you're still benefiting from this problem.

Andrew: I think this is a great opportunity for some companies to step up and be a kind of in between, because like you said, Kassy, you know, you're not really interested in fashion and me too, I have to be honest, I'm not really interested in fashion. So, I'm right there with you that buying a T-shirt that's sustainable, and well-made and ethically produced but that has like a \$200 or \$300 price tag, that's a hard pill for me to swallow. Like that's a big financial investment for me. So, I do have a difficult time doing that. But if there was some middle ground between fast fashion, you know, the \$5 T-shirt, and the \$300 T-shirt, one that was maybe more environmentally friendly or more sustainable, but that still had a slightly higher price tag, I could totally **get behind** that. So, I think there's an opportunity for some clothing manufacturers to occupy that kind of middle ground in between fast fashion and high fashion.

Kassy: Yeah, I think I've seen various kick starters or YouTube for different not full outfits, but different products like that. But I don't know I think competing with fast fashion is going to be hard for a long time unless you know, the system changes, consumerist views as well as these big companies' views.

Andrew: That's right. The big companies have a huge market share, and they probably don't want to give it up to competitors. So, slaying the dragon might be difficult, yes.

All right, Kassy, well, it was fascinating to talk about this issue with you today. Thanks for the conversation. And thanks to all of the listeners who tuned in as well. So, guys, that's

going to bring us to the end of this episode. You can go ahead and give yourself a pat on the back because you accomplished some English listening practice today. So, way to go. We'll be back soon with another brand-new episode, and we'll talk to you then. Goodbye.

Kassy: See ya.

Andrew: That brings us to the end of this lesson. Talk to you next time. Bye!

Detailed Explanations

To be in tune with Idiom

Andrew mentions that he has only become aware of fast fashion recently after watching a documentary about it. Kassy says she has known about this problem since high school and believes that young girls are more likely **to be in tune with** the world of fast fashion than guys. This is because there is a lot of pressure to be fashionable and look good but younger women don't have much money to spend.

To be in tune with something is an idiomatic verb that means to have a strong understanding about something. However, it's more than just understanding a fact or information. If you say **to be in tune with**, it sounds like you're talking about a deeper, more emotional or intuitive connection.

For instance, let's say your roommate comes home and complains about having a terrible day at work. After you hear his story, you understand his feelings. However, you **are in tune with** his feelings if you can sense he's in an awful mood the moment he walks through the door.

When Kassy says young girls are more likely **to be in tune with** the world of fast fashion, she means that young girls are experiencing it firsthand and can feel and witness its effects. This is because they often shop at fast fashion retailers. Similarly, a fan of modern art would probably **be in tune with** recent trends in the art world if they spend a lot of time going to museums and reading art magazines.

Here are a few more examples with **to be in tune with**:

Harry: What do you think of the new office manager?

Sally: I'm impressed with her. She seems **to be in tune with** staff needs and addresses problems really quickly.

Harry: I agree. I appreciate how she pays attention to small details.

Paula: What's the name of the song playing on the radio right now? I like it a lot.

Oliver: You don't know? It's number one on the charts. They play it every day.

Paula: Really? I had no idea. I'm **not really in tune with** what music is popular these days.

To size someone up

Phrasal verb

Kassy explains to Andrew how she felt a lot of pressure to conform to fashion trends when she was in high school. In her experience, her classmates were always **sizing each other up** and paying attention to what each other was wearing.

The phrasal verb **to size someone up** means to quickly judge someone based on their appearance or behavior. By **sizing someone up**, you're creating a first impression about them.

For instance, when a job candidate walks into an interview, the interviewer might quickly examine their appearance and decide if they're dressed professionally. The interviewer might also take note of the interviewee's facial expression – are they smiling? Do they look nervous? Do they look confident? All of these initial observations are a part of **sizing someone up**.

An important thing to remember about the verb **to size someone up** is that it's an intentional process. You're doing it quickly and making judgments based on very little information, but you're actively forming an opinion about the person in your head. When an athlete **is sizing up her opponent** before a game, she's not passively noticing random details – she's quickly deciding whether her opponent seems strong or weak.

Here are a few more examples with **to size someone up**:

David: How was your first day at your new school?

Jennifer: It was okay. My teachers were nice, but all the other students seemed to **be sizing me up**. I was a little uncomfortable with all the attention.

David: Don't worry, you'll make friends and blend in soon enough.

Nicholas: Hey, I'm home from the gym.

Lauren: Welcome back! Did you have a good workout?

Nicholas: Yeah, it was pretty good, but one thing that always bothers me is how all the other guys **size me up** when I enter the weight room. I wish it didn't feel so competitive in there.

Lauren: They should just mind their own business and focus on their own workouts.

To catch someone doing something

Expression

Kassy tells Andrew about one of her friends who is really into fast fashion. She says that this friend wears a piece of clothing once or twice and then gets rid of it. In fact, Kassy **would never catch her wearing** the same outfit in two different Instagram photos.

To catch is a common verb that usually means 1) to capture or grab something, or 2) to notice something. **To catch someone doing something** is more closely related to the second definition of catch. When you say **to catch someone doing something**, this means you notice a person doing a bad behavior or a behavior that is not usual for them.

For example, “The teacher **caught the student texting** on her phone during class.” Here, the teacher noticed the student breaking the rules. Another example could be, “My roommate says he doesn’t like anime, but I **caught him watching** it the other night.” Here, the speaker noticed her roommate doing something unusual. He may have even been trying to watch anime without being noticed.

When Kassy uses this expression, she uses it with the negative adverb “never.” We often use this expression with “never” to imply that we feel negatively toward that behavior or action. For example, “**You’d never catch me wearing** black lipstick.” The speaker here is implying that they think black lipstick looks terrible.

Here are a few more examples with **to catch someone doing something**:

Katherine: Hey! What do you think you’re doing?

Michael: I’m, uh... I’m having some cake.

Katherine: I can’t believe I **caught you sneaking** a piece of cake. You told me you were on a strict diet!

Michael: I know, I know... it’s so hard to resist dessert, though!

Christina: My pad thai is really delicious. Are you enjoying your curry?

Mark: It’s amazing. The coconut milk is nice and creamy but it’s still really spicy. Do you want to try a bite?

Christina: No thanks. You’ll **never catch me eating** spicy food. I get sweaty just thinking about it.

Fear of missing out (FOMO)

Expression

Kassy thinks of social media as a big reason for the fast fashion industry. She says that because social media gives people **FOMO** when they see pictures of people wearing fashionable clothing, they feel the pressure to buy a lot of these clothes.

Fear of missing out, often shortened to **FOMO** (pronounced foe-moe) is slang for anxiety or regret about not participating in something. We often say “I have FOMO about...” or “I get FOMO when...” If someone has **fear of missing out**, then they are likely to do something or participate in an activity that they don’t really want to do. However, because they’re afraid of the consequences of not participating, they feel internal pressure to do it anyway.

For example, someone might say “I want to take a break from social media, but **I have FOMO** and I always want to know what’s going on with my friends.” This person feels conflicted about social media – part of them wants to quit, but part of them feels the urge to stay up to date about their friends’ lives.

You can also experience **FOMO** while something is happening or after it has happened. For example, let’s say you get sick with the flu and you can’t go to your friend’s wedding. When you see all of the happy photos of the event on social media, you might feel a lot of **FOMO**.

Here are a few more examples with **fear of missing out (FOMO)**:

Joseph: You look exhausted.

Fiona: I am exhausted. I had a really tough day at work. All I want to do is take a shower and watch Netflix in bed, but I have to go to Jessica’s party.

Joseph: Can’t you just cancel? You see Jessica all the time.

Fiona: I know, but I have **fear of missing out**. I don’t want to hear how much fun the party was tomorrow and regret not going.

Rebecca: Look, Steven just sent me a photo of him and his girlfriend at the concert right now. The headliner is about to start.

Tyler: Ugh, I’m having major **FOMO** right now! I love that band. I can’t believe we have to work on a Saturday night.

To fork over

Phrasal verb

Andrew asks Kassy a tough question – would she rather spend ten times as much money on a high-quality, long-lasting piece of clothing? Or would she rather go to a fast fashion retailer for a much cheaper option? Kassy says it probably depends on the piece of clothing. She might be willing **to fork over** that kind of money for a good pair of shoes or a coat, but not for every piece of her wardrobe.

To fork over means to reluctantly give or pay something, usually money. If you're giving money, you're usually reluctant or annoyed because it's a lot of money or it's for something unpleasant, like a fine. If you're giving an item, you're probably reluctant because you'd like to keep it for yourself.

For example, "the company **forked over** a huge fine for violating environmental regulations." Another example could be, "She reluctantly **forked over** the last slice of cake to her little brother."

One synonym for this expression is "to cough something up." For example, "the debtor finally coughed up the money he owed." It's important to remember that **to fork over** and to cough something up are both fairly informal and shouldn't be used in professional settings.

Here are a few more examples with **to fork over**:

Julie: Hey, here's a word of advice. Don't lend money to Rob.

Eric: Why not?

Julie: He'll take months to get it back to you. I lent him \$100 bucks last April and he promised to get the money back to me by May. He only just **forked it** over today.

Teresa: How did your yearly car inspection go?

Kevin: Not great. It turns out that my brake pads were totally worn out. I had **to fork over** a huge amount of money for my car to pass the inspection.

Teresa: That's too bad. Did you get the inspection done at the dealership?

Kevin: Yeah.

Teresa: They always over-charge there.

To get behind something

Phrasal verb

Towards the end of the episode, Andrew says that he would love to avoid fast fashion and buy durable, ethically made clothing. However, the problem is that these kinds of clothes can be ridiculously expensive and he can't imagine spending \$300 on one t-shirt. He thinks he would be able **to get behind** buying sustainable clothing with a price tag somewhere between the \$5 fast fashion t-shirts and the \$300 top of the line t-shirts.

The phrasal verb **to get behind something** means that you support or agree with something. However, saying **you get behind something** sounds stronger than if you just say you agree with something. When you feel like you **can get behind something**, you feel that you agree with it so much that you would be willing to get involved. For example, a person could say, "I agree with Candidate A's policies." This simply means you have the same opinion as Candidate A. However, if you said "I **can really get behind** Candidate A," it sounds like you might be planning on voting for them or supporting their campaign somehow.

We often use this expression with "can" or "could." For instance, "I was reading about the four-day work week in the newspaper. I **can really get behind** that idea. I would be so much more productive with an extra day of rest!"

Be careful not to confuse this expression with another phrasal verb, "to get behind on." To get behind on means that you are unable to complete something by a deadline or keep up with your work (for example, "I got behind on my homework because I was sick"). The use of this preposition "on" makes a big difference.

Here are a couple more examples with **to get behind something**:

Tim: Did you see that e-mail from the boss about the company's new sustainability initiative?

Anna: I did. I'm happy to see management **getting behind** the idea of reducing our carbon footprint.

Tim: Me too!

Lois: I'm going to a community clean-up event this afternoon. We're going to pick up trash in the park and have a picnic afterwards. Want to come?

Bob: Now that's a volunteer activity I **can get behind**! The park is filthy. Let's go!

Quiz

1. Your friend says, “You’d never catch me listening to metal music.” What does she mean?

- a) She only listens to metal music alone
- b) She loves metal music and she’s often listening to it
- c) She has never once listened to metal music
- d) She strongly dislikes metal music

2. What’s a good synonym for “to get behind something”?

- a) To share information about something
- b) To support the idea of something
- c) To reluctantly give something
- d) To observe something from afar

3. In which of the following situations might you experience FOMO?

- a) When you get sick and can’t go on vacation with your family
- b) When you go to a wedding but don’t have a very good time
- c) When you join your friends for drinks at the bar
- d) When you have no plans and you’re enjoying a relaxing bath

4. Which of the following is the OPPOSITE of “to be in tune with”?

- a) To have some understanding of
- b) To have no understanding of
- c) To have a strong understanding of
- d) To pay close attention to

5. Your friend says, “I don’t like first dates. I hate the feeling of your date sizing you up.” What does she mean?

- a) She doesn’t like feeling like she’s being evaluated and judged
- b) She doesn’t like the feeling of meeting someone new
- c) She doesn’t like the feeling of her date taking her body measurements
- d) She doesn’t like feeling like she and her date have nothing to talk about

Writing and Discussion Questions

1. Do you buy a lot of clothing from fast fashion retailers? Why or why not?
2. Would you rather have a lot of cheap, disposable pieces of clothing or a few durable and high-quality pieces of clothing? Why?
3. Are you the kind of person who experiences a lot of **FOMO**? Please describe the last time you felt **FOMO**. Why did you feel that way? What did you do?
4. Do you agree with Kassy that fast fashion is a systemic problem? What are some ways that society can improve this problematic industry?
5. Describe the last time you had **to fork over** a lot of money for something. What was it for? Did you choose to buy it or were you obligated to pay for it?

Quiz Answers

1.d 2.b 3.a 4.b 5.a

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