

Join the #SecondhandSeptember mission and commit to only buying secondhand



**Second-hand
September**

Second-hand September

Introduction

Second-hand September is a global movement encouraging people to say no to new clothes for 30 days and instead buy second-hand, swap, or upcycle items during September. It was initiated by Oxfam in 2019.

This resource explores all our options for keeping our clothes in circulation for longer. By shopping second hand you're giving clothes a longer life, slowing down fast fashion, and helping to protect our planet. Learn more about the Second Hand September campaign from Oxfam Ireland's website [here](#)



Watch this short documentary on the rise of second-hand [here](#)

Questions to explore with your students

Group Discussion (10 mins)

- Where do our clothes go when we throw them away?
- What happens to the clothes we donate?
- Why is second-hand clothing valuable?
- What are some of the issues arising from second-hand platforms?
- Can you identify some examples of clothing that last longer or an item you recently bought that did not last, could not be repaired or ended up unwearable?



Learning Outcomes / Curriculum Links (aligned to LC Climate Action & Sustainability):

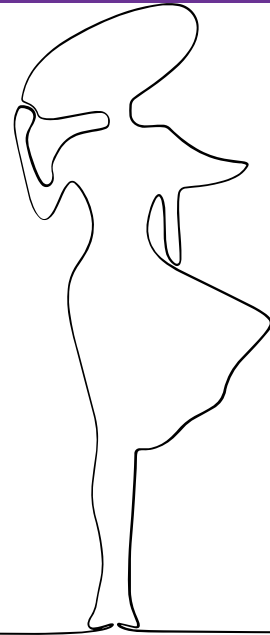
Strand	Learning Outcome
Strand 1: Earth Systems, Life, and Environment	Understand the sources and pathways of marine pollution (e.g. microfibres), evaluate how fast fashion contributes to ocean degradation.
Strand 2: People, Power, and Place	Explore how clothing choices are linked to environmental justice, consumer behaviour, and waste management in Ireland and beyond.
Strand 3: Global Connections	Investigate the environmental and social impacts of clothing trade and waste exportation, especially between Ireland/EU and countries like Kenya.

Worksheet 1: Building a capsule wardrobe - Student Action Plan

My Fast Fashion Footprint:

How many of these apply to you? (tick all that apply)

- I've bought clothes I never wore.
- I own over 30 items of clothing.
- I can never find anything to wear.
- I often purchase an outfit for one event only.
- I never really know what my style is

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If you ticked yes to one or more of the above then a capsule wardrobe may be a sustainable solution whilst helping you find your own style instead of the rapidly changing trends promoted by fast-fashion.

What is a Capsule wardrobe?

A capsule wardrobe is a minimalist collection of clothes that can be put together in different ways to cover a variety of outfits and occasions. It encourages a more sustainable approach to fashion through mindful consumption buying fewer, higher-quality items that will last longer reducing consumption. It encourages us to value our clothing more and mend them rather than buying new.

The concept of a capsule wardrobe was introduced in the 1970's by Susie Faux and became popular in the 1985 by designer Donna Karen. Project 333 became a fashion challenge started by minimalist blogger Courtney Carver, where participants only wear 33 items of their clothing over a three-month period. Similarly, Labour Behind the Label, a charity campaigning for the rights of garment workers, started the six items challenge where participants only wear 6 items over the span of six weeks.

Worksheet 1: Building a capsule wardrobe - Student Action Plan

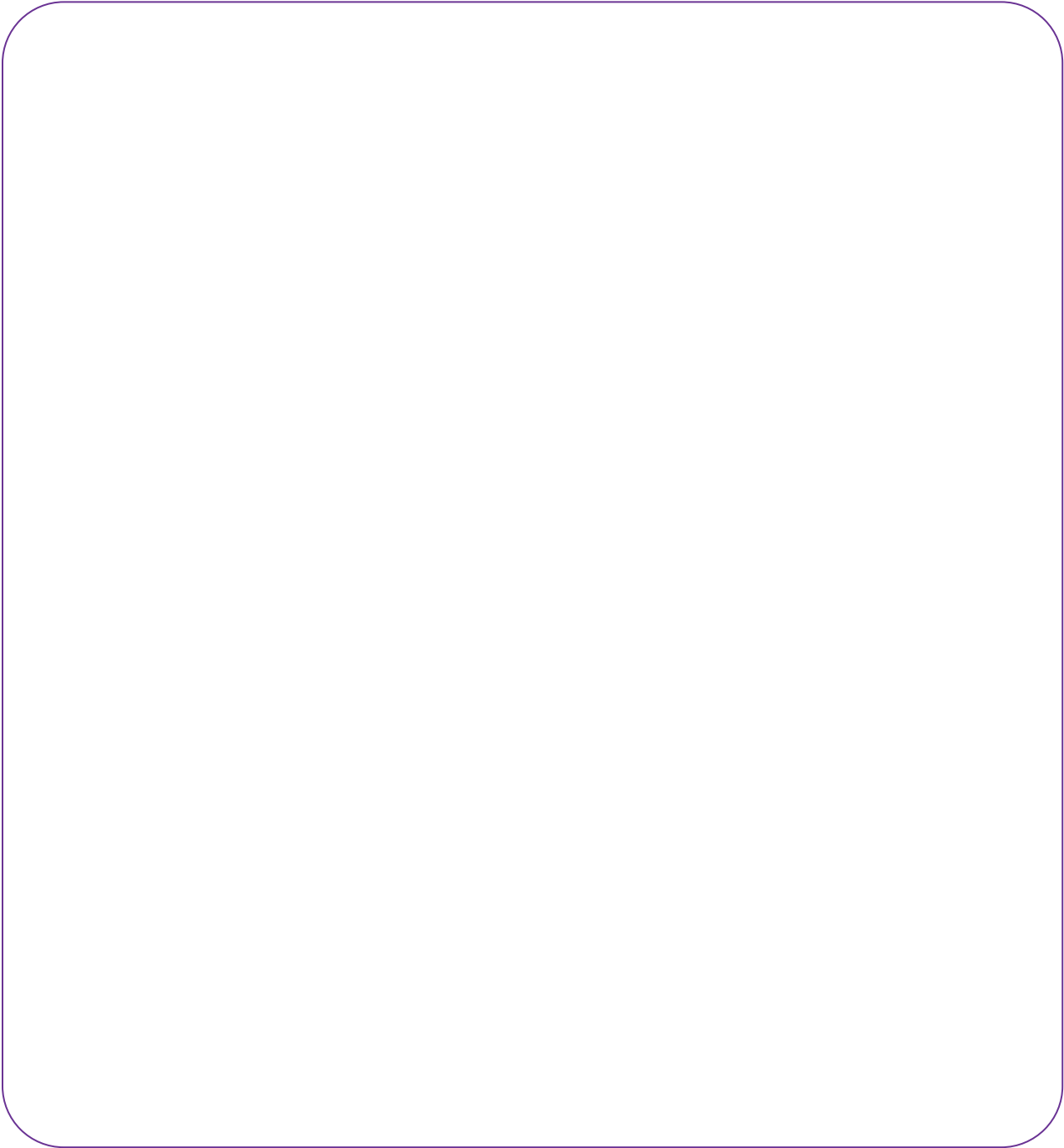
- Take 10 mins to reflect on your current wardrobe and identify items you have never worn. Consider ways you could mend or upcycle to wear again. Alternatively donating to charity gives them a second life. Categorize into rewear, recycle and repurpose. Consider fit, colours and if you will wear more than once again. You could encourage whole school involvement and organise a swap shop after.
- Select 10 core items and experiment with mixing and matching items to create new styles. Take all seasons into consideration.
- Choose colors and patterns that you love and will wear again, a unique style for you!
- Once you've picked a few items for each clothing type top, jeans, etc start adding in your accessories scarves, hats, jackets and jewelry.
- Example: Neutral-colored t-shirts, black pants, a couple pairs of jeans, a cardigan for layering, and a black dress that can be made formal or informal. Ultimately, sticking to less than a 30-piece wardrobe should provide you with a diverse selection of outfits for many occasions



Worksheet 1: Building a capsule wardrobe - Student Action Plan

My capsule wardrobe :

Sketch your capsule wardrobe for the winter or summer months



Reflection Questions

How many outfits can I create with each piece?

Can I combine each piece with at least 3 other items in my capsule?

Worksheet 2: Changing your shopping habits

Tips when buying pre-loved to ensure we don't fall into old habits

- Do I really need this? Consider when and where it will be worn.
- Assess quality over quantity
- Will it work with at least three items I already own?
- Does it fit right, assess comfort levels.
- Will I wear it on more than one occasion?
- Do I love the colour, will it match other items in my wardrobe
- How long will it last?
- Don't be swayed by sizing, your best find will often appear in another size as there is no set standard or legal requirements.
- Beware of 'Resale' platforms offering a second hand section which can unintentionally fuel fast fashion by encouraging a wear once approach before selling again.



Carry out a quick fabric audit

- Check the label to see where its made and what material.
- Inspect washing labels for high temp washing, dry clean only etc
- Look for even stitching and avoid fewer loose stitching which speeds up production and deteriorates quality.
- Hold up and look for loose threads or bobbling inspecting seams at sleeves, armholes for red flags.
- Check lining isn't restrictive
- Avoid mixed labels eg 5%viscose,40% cotton, 55% polyester
- Assess fastenings ie zips, buttons for repairability.
- Does the fabric suit your lifestyle?



Solutions

List 2 ways you could encourage your peers to change their shopping habits

Worksheet 3: Get to know your fabrics

Match the fabric to the correct statement



1. Nylon/Polyester/Acrylic/Spandex



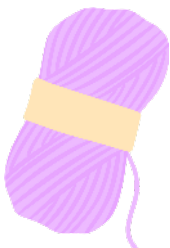
2. Cotton/Linen/Hemp



3. Viscose eg. Rayon



4. Organic Cotton/Flax/Linen



5. Wool/Silk/Cashmere



A. Derived from plants eg cellulose



B. Derived from animals eg sheep, silkworm, goat



C. Breakdown slowly releasing microplastics



D. Is renewable(natural)



E. Semi-synthetic adding chemicals to natural fibres

Thrifting, pre-loved or vinted

- <https://charityretail.ie/charity-shops/>
- [List of options in Dublin](#) courtesy of Rachel Smyth, Climate ambassador
- [Change Clothes | Sustainable fashion | Dublin, Ireland](#)
- [Vinted | Sell and buy clothes, shoes and accessories](#)
- [Depop - buy, sell, discover unique fashion](#)
- [Nuw | Swap Clothes & Pre-loved Fashion](#)
- [2nd Ave Trading](#)
- <https://deadlyclothes.ie/>
- <https://lovelythings.ie/pages/how-to-sell-and-donate-to-lovely-things>
- [Wild Wardrobe Pre-Loved Clothing – Wild Wardrobe Limited](#)
- [The Cobbler's Wardrobe | Pre-loved luxury consignment](#)
- [Theda's Vintage | Vintage clothing](#)
- [Vision Ireland | eBay Stores](#)
- [Om Diva Boutique](#)
- [Vito Vintage - Vintage Clothing, Accessories & Womenswear](#)
- [Public Romance - New and Vintage Clothing Galway](#)
- [Home - Love Vintage](#)
- [Peach Vintage Clothing](#)
- [Offset Fashion: Pre-Loved Clothing for Everyone](#)



[Organise a swop shop in your school. Click here for a step by step guide.](#)



In 2023 students from Terence MacSwiney Community College put together an interactive map of thrifting options in their area and shared with the school community. Could you replicate one for your community?

Rental options for one off events

- Happy Days -<https://happy-days.ie/>
- Dropey- drobey.ie
- Rag Revolution-[Join the Revolution - Fashion Rental Service Ireland – RAG REVOLUTION](#)
- [Designer Room](#) | [Luxury Dress Hire](#) | [Dress Rental](#)
- <https://dressedup.ie/>
- [Irelands leading dress rental boutique](#)
- [High-End Hire](#)
- [Luxe Library](#)
- [Home SFQ Designer Boutique](#)
- [Home](#) | [Covet](#)
- [Designer Dress Rental - Circular Style](#)
- [The 105 Fashion Rental](#)
- [Amaya Dress Hire](#)
- [Wear Once Loved - Designer Dress Hire](#)



Did you know in some countries (eg Scotland, Netherlands, Poland and Australia) They have Clothing libraries which allows members to borrow designer, sustainable, and second-hand clothing like a normal library lends books. Do you think this would work here?

Irish Circular Fashion examples



- Mamukko - Go Your Own Way™
- Sampla | Elegance Without Consequence.
- Jessica Brennan Design | Handmade clothing
- FÉRÍ | Sustainable Fashion Vintage Inspired Clothing for Ferifolk
- PURE CLOTHING - Luxury, Irish, Organic
- Due South Clothing, Ireland
- The Upcycle Movement
- AOIFE ® is a circular multi award-winning fashion label from Ireland – Aoife Lifestyle
- Rezero - Green Material Innovation
- Home | Mar Knitwear
- Attention Attire
- Irish Hide Designs - Sheepskin & Cowhide Rugs & Handcrafted Furniture
- <https://circulardresscollaborative.com/>



Learn more
about the
Circular
Economy here .

Key Takeaway Learning from this Lesson Plan

Explore the value and creative potential of second-hand materials. Learn to identify the fabric and type of garments that will be long lasting and avoid those that don't

Second-hand Fact Sheet

Key Facts:

Around 57,000 tonnes of textiles every year are collected separately through commercial textile banks and collections (24%) and direct donations to charity shops (10%).

Of these collected textiles around 44,500 tonnes are sold for reuse

6% are sold for reuse within Ireland and 21% are exported overseas.

The global market for used clothes and accessories is now worth over \$100bn, up from \$30bn-40bn in 2020.

10% of textile sales are second-hand sales

Vintage and online reselling of clothes is around 1,500 tonnes each year. In terms of recycling, around 15,000 tonnes of collected textiles each year go for recycling as rags, fibre, etc.

We currently have enough clothing to provide for the next 6 generations

EU's updated Waste Shipment Regulation (WSR), which will apply from May 2026, will restrict the export of textile waste to prevent member states from exporting unsorted textiles.

Buying second hand supports a circular economy by keeping clothes in circulation however the most sustainable solution is

- 1.Reducing our consumption.
- 2.Mending and Repairing
- 3.Upcycling
- 4.Donating to charity or swop events.

References and Resources

- <https://www.epa.ie/our-services/monitoring--assessment/circular-economy/textiles-national-attitudes--behaviours-surveys/#:~:text=Of%20these%20collected%20textiles%20around,as%20rags%2C%20fib re%2C%20etc.>
- <https://www.oxfamireland.org/getinvolved/campaign/second-hand-september>
- <https://www.earthday.org/toolkit-how-to-create-a-capsule-collection/>
- <https://hollandcircularhotspot.nl/case/lena-the-fashion-library/>