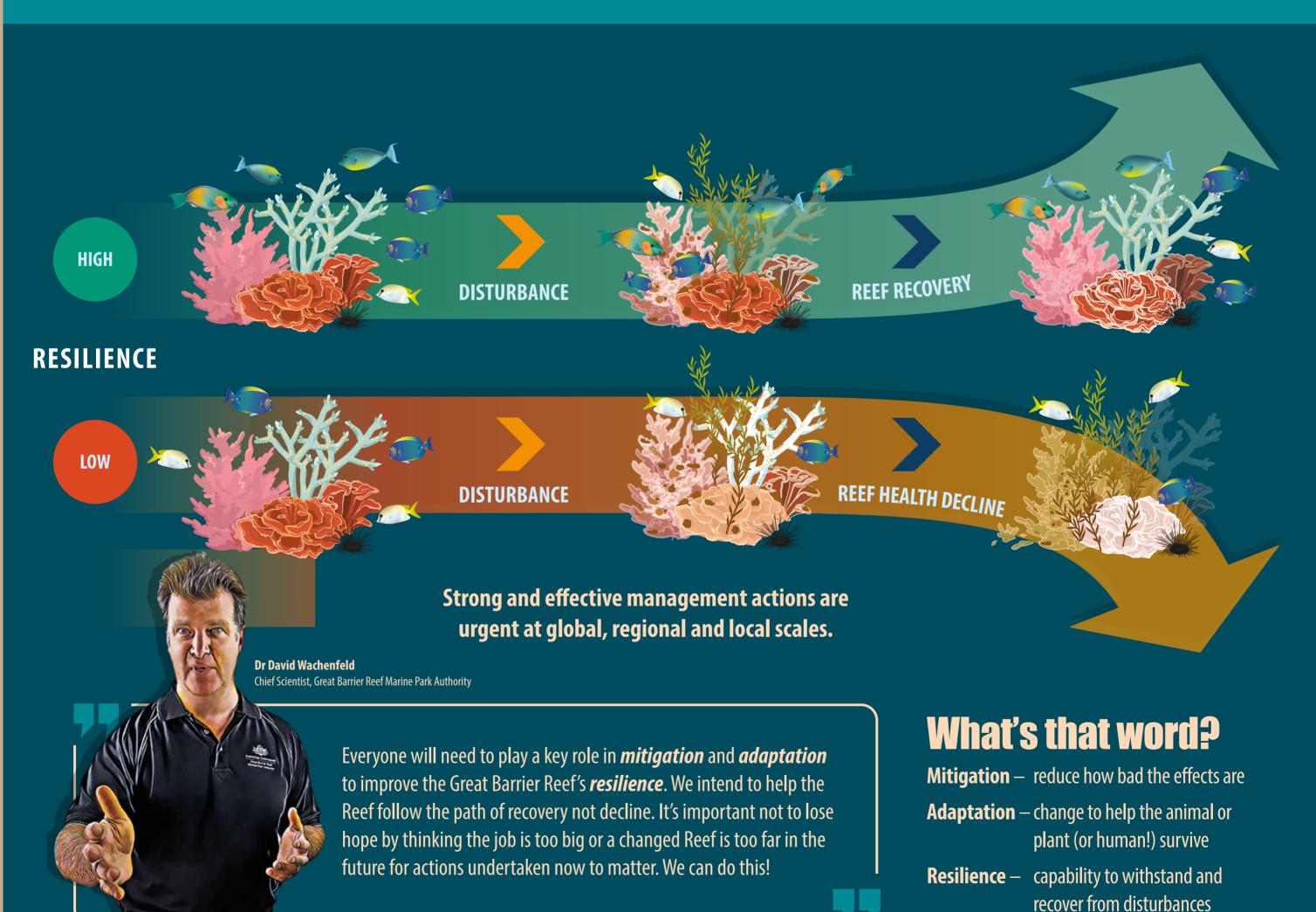
## PROTECT YOUR PATCH

JUNIOR-OUTLOOK reef, beat



In this Reef Beat series, we have met many different people who are adopting positive Reef actions to help the animals and plants we love on the Great Barrier Reef. You can help too — these actions can be done anywhere by anyone, whether you're on the Reef or anywhere around the world. How will you protect your patch of the Reef?

With many threats facing the Reef it is important that reefs are resilient so that they can recover from disturbances. This image shows how reefs with high resilience can recover faster, whereas reefs with low resilience will take more time to bounce back. Reefs are just like us, if we are generally fit and healthy we can recover if we get sick or injured. Tackling threats to the Reef at their source, addressing climate change and improving water quality and how we use the Reef will all improve Reef resilience.





The Outlook Report 2019 tells us that the challenge to restore Reef resilience is big, but not impossible. All actions taken by everyone now, no matter how big or small, will matter and make a difference to the Reef's future.