

Compassionate choices

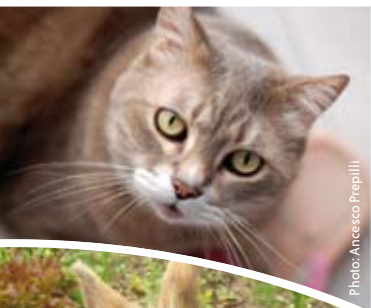


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Photo: Free Animal Pix



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Every day, all around the world, animals are suffering and dying because of human actions. Is it because animals walk on all fours, lay eggs or have other qualities that separate them from humans, that we view their bodies as food, their skins as clothes and value a steak sandwich higher than their lives?

At Animal Rights Sweden, we have a vision of a society in which animals are not oppressed and abused. We believe that animals have rights. The question of animal rights is simply put: Should we not treat our fellow beings the way we ourselves would want to be treated, if we were them?

The reasons for answering "yes" are just as simple. Animals are individuals, just like we are. They have a will to live, just like us. They feel pleasure, fear and pain, just like us. Like all conscious creatures, animals have an ethical value, and they deserve respect and the right to exist for the same reasons we do.

As a consumer, you have great power over animals' lives. Ethical shopping prevents suffering. Do you want to help animals? You have the chance to do so every time you buy food, clothes or cosmetics.

Don't support animal testing

Many animals suffer and die through product testing. One simple thing you can do for laboratory animals is to choose cosmetics and household products which are not tested on animals.

Most animal rights organizations have lists of cruelty free brands. Visit for example www.gocrueltyfree.org

Say no to fur and leather

Skin is skin, not fabric, regardless of whether it belongs to a human being, a cow or a mink. There are plenty of cruelty-free alternatives to fur and leather, on the internet as well as in shops.

Go vegan or vegetarian

More animals are raised and killed for their flesh, eggs and milk than for any other reason. They suffer in factory farms and slaughterhouses.

Every time you choose vegan food it benefits the animals – as well as the environment, global sustainment and your own health. It is the most effective choice you can make to help animals.

Thank you for reading this! We hope this leaflet made you think about the choices you make. If you want to know more, please contact us, Animal Rights Sweden, info@djurensratt.se; or an animal rights organization in your own country.



Animal Rights Sweden (Djurens Rätt) is the leading animal rights organization in Sweden. We work peacefully for a society where animals are respected and have the right to live their lives free from oppression, pain and exploitation. Our work is dependent upon donations.



Photo: Tom Uhlmann/Alamy

Together we can help the animals! Be a part of this change, you too. Every new member and donation is important. For more information: www.djurensratt.se, Tel: +46 (0)8 555 914 00