

# Animals Have Rights!

Photo: Juniors Bildarchiv / Alamy



Every day, all around us, animals are suffering and dying because of humans. Just because they walk on all fours, lay eggs or have other qualities that separate them from humans, we view their bodies as food, their skins as clothes and we don't value their lives higher than a steak sandwich.

At Animal Rights Sweden, our vision is a society where animals are not oppressed and abused. We think that animals have rights.

The question of animal rights is simply put: Should we 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 us. 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 and 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.

## Go vegetarian

More animals are killed for food than for any other reason.

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



Photo: Feikka Koskenvoima

## 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.

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](mailto:info@djurensratt.se); or an animal rights organization in your own country.

  
**Djurens Rätt.**  
[www.djurensratt.se](http://www.djurensratt.se)

Animal Rights Sweden (Djurens Rätt) is the largest and oldest animal rights organization in Sweden. We work peacefully toward our vision of a society where animals are respected and have the right to live their lives free from oppression, pain and exploitation.