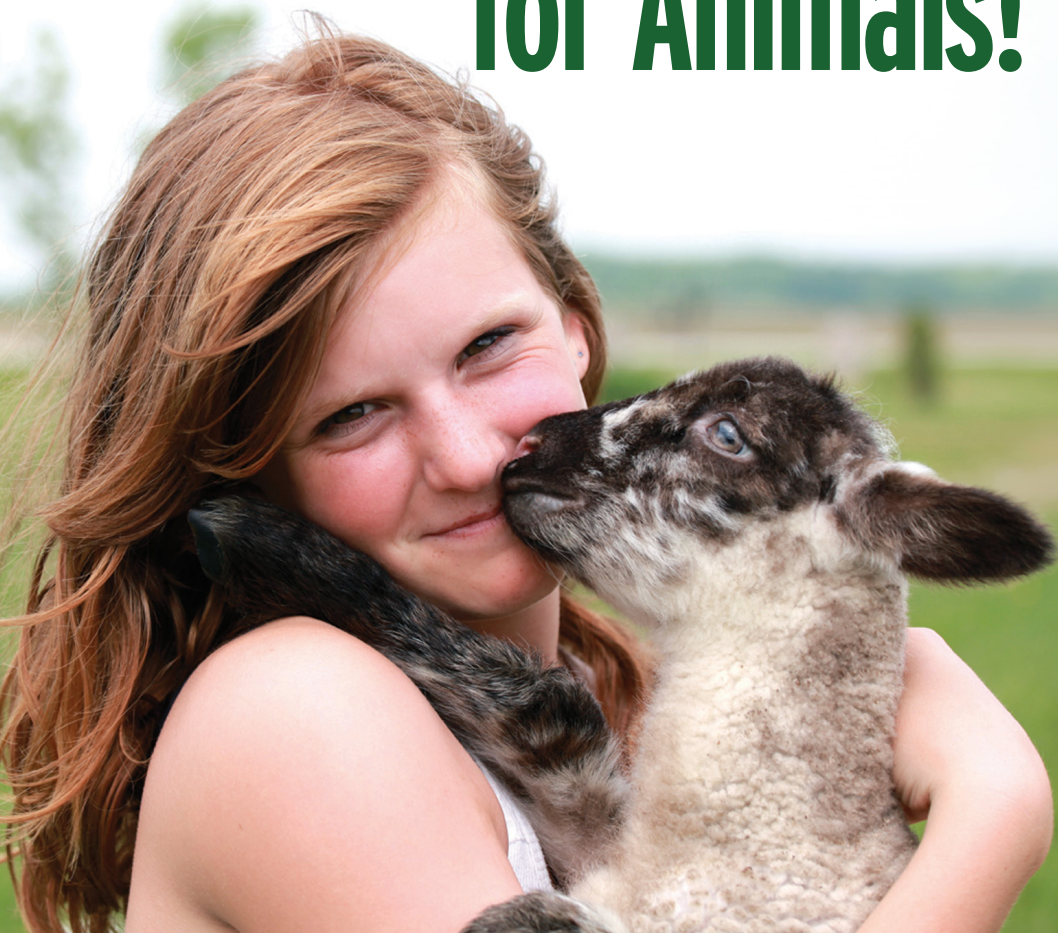


# Get Active for Animals!



[www.animalaid.org.uk/youth](http://www.animalaid.org.uk/youth)



# Fight Animal Abuse

## ✕ Animal testing

Hidden away inside British laboratories, thousands of animals suffer and die every day in cruel experiments. These experiments are carried out for medical research, or to test drugs and other products. A growing number of experts argue that these experiments, as well as being cruel, are unreliable and misleading, because the results apply to animals, not humans.



## ✕ Animal farming

A billion animals are slaughtered for food in this country every year. Each pig, chicken, lamb or cow killed for the dinner plate feels pain, fear and discomfort, just like you do. Most of these animals are reared inside crowded factory farms, where they will never be able to breathe fresh air, experience the sun on their backs or feel the earth beneath their feet. All farmed animals, whether they are reared in a factory farm, or under free-range conditions, die a violent death at the slaughterhouse, usually when they are just a few weeks or months old.



## ✕ Entertainment

Many animals are shot, hunted and fished simply for fun. We're often told that horse and greyhound racing are harmless sports, which the animals enjoy. The truth is that the racing industries hide the truth about the suffering, injuries and early deaths that occur behind the scenes. People often don't realise that when racing dogs and horses stop making money for their owners, very few have a happy retirement. Many are killed.



## ✕ The pet trade

You may have a cat or dog, or other animal whom you love, but each year, millions of dogs, cats, rabbits, birds, fish and other animals are bred to supply the pet trade. Ill health, old age and behavioural problems can lead to pets becoming expensive and demanding, and so many end up being abandoned.



# Be part of The Solution

## Five easy ways to help

### 1 Don't eat them

Adopting a vegan diet is the best way to help animals. It's also better for the environment as animal farming is a major cause of climate change. To request a free **Go Vegan action pack** visit [www.animalaid.org.uk/youth](http://www.animalaid.org.uk/youth).



### 2 Be a compassionate consumer

Buy cosmetics, toiletries and household cleaning products that have the leaping bunny logo. See our **Guide to Easy Cruelty-free High Street Shopping** or get more information at [www.crueltyfreeinternational.org](http://www.crueltyfreeinternational.org)



### 3 Order a free 'Get Active' action pack

This includes a copy of our **Guide to Easy Cruelty-free High Street Shopping**, leaflets, stickers, campaign postcards and a button badge (to order, visit [www.animalaid.org.uk/youth](http://www.animalaid.org.uk/youth)).

### 4 Spread the word

If you are at school or college, ask your teacher to invite a speaker from **Animal Aid** to give a talk to your class.

### 5 Don't buy animals

If, after very careful consideration, you decide you want to give a home to a companion animal, adopt one from a rescue centre, rather than buying one from a pet shop or breeder.





# Animal Aid campaigns against all animal cruelty!

## Action

We carry out investigations, produce detailed reports, gain widespread media coverage and lobby politicians and businesses. Our key campaigns are against farming animals for food, animal experiments, horse racing and shooting birds for sport and wildlife culling. We also encourage people to go vegan as part of a cruelty-free lifestyle.

## Educational resources

We produce a wide range of free resources for teachers and have a network of speakers throughout the UK that gives hundreds of school talks every year.



We have lots of **free** resources for you to order: **Get active**, **Go vegan** and **Animal experiments** action packs, as well as leaflets, posters, factsheets, stickers and information booklets - all designed to help you to **Get Active!**

To order, visit our website [animalaid.org.uk/youth](http://animalaid.org.uk/youth) or email [youth@animalaid.co.uk](mailto:youth@animalaid.co.uk)



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