



# You can save nearly 200 ANIMALS' LIVES every year just by going vegan.

Animals raised for food go through hell. They're crammed into filthy, windowless sheds or wire cages, and they're dosed with drugs to fatten them up and keep them alive in conditions that would otherwise kill them. When they're taken to the slaughterhouse. Their throats are cut, often while they're still conscious and able to feel pain. They fear for their lives because, just like us, they don't want to die.

You can help stop all this! By going vegan, you can save animals' lives and also do something good for your health and the environment

#### Going vegan is easy—you can find great-tasting food everywhere!

Most restaurants and grocery stores these days have vegan options like vegan burgers, tacos, pizza, and sandwiches. Many high school and college dining halls offer great vegan food (and if they don't, ask for it!).

So what are you waiting for?

To learn more about going vegan, check out PETA.org, where you can get a copy of our FREE guide to going vegan as well as some free stickers.

## ANIMAL RIGHTS IS A SOCIAL JUSTICE ISSUE

Speciesism—like sexism, racism, and other forms of discrimination—is an oppressive belief system in which those with power draw boundaries to justify using or excluding their fellow beings who are less powerful.





ARE YOU A STUDENT BETWEEN 13 AND 24?

Join Students Opposing Speciesism at PETA.org/SOS.

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