



## Show kindness to sheep

Did you know that sheep have rectangular pupils in their eyes like octopuses? This gives them excellent eyesight so they can avoid predators.

There are over 30 million sheep in the UK, farmed for their meat and wool. Sheep farming is seen as the most natural of all animal farming because most sheep are still farmed outdoors. However, cruelty is common.

Sheep have their tails cut off when they are still a baby. This is very painful and distressing for the poor lamb. Male lambs have their testicles removed by using a tight rubber ring, a clamp or surgery, usually at less than a week old. Most lambs are killed when they are six to eight months old – still just babies when they die, but many don't even live that long. Millions of lambs die every year due to disease and cold weather.

Sheep that aren't killed for meat might be kept for their wool. Sheep are easily frightened and don't like being handled but shearers pin them down to remove their wool. It is very traumatic for the sheep and they often become injured.



## Fish feel pain

Fish are amazing animals with many shapes and sizes, from huge sharks to beautiful butterfly fish and iridescent rainbow trout. But did you know that even though they're very different, fish feel pain just like other animals? Fish are either caught from the sea or farmed in large ponds or sea cages.

To catch fish from the sea, large boats drag huge nets across the sea floor, trapping everything in their path and destroying delicate ecosystems. Other boats catch fish, usually cod and tuna, on fishing lines that can be 100km long. Many unwanted fish are caught, killed and thrown back into the sea – known as bycatch.

Farmed fish are crammed into overcrowded ponds and sea cages, where diseases and parasites easily spread from fish to fish. Just like land animals in factory farms, the fish cannot behave naturally and become stressed, injured and diseased. Most fish die a slow and painful death as they are removed from the water and starved of oxygen, whether in the open air or placed on ice.

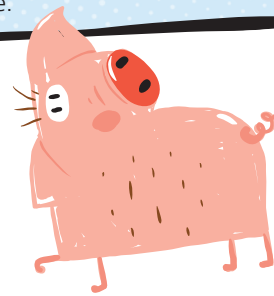
So, what can you do to help these poor animals? The answer is simple: **be kind to all kind!** Whether the animal lives in the wild, on a farm or in your garden, all of them deserve to be treated with kindness and compassion. Real heroes help animals, they don't harm them!

If you want to be vegan, and eat no animals, there is lots of help at [viva.org.uk](http://viva.org.uk) and almost 1,000 recipes on [veganrecipeclub.org.uk](http://veganrecipeclub.org.uk)

Be part of Viva!Gen and save animals – find out how at:

[viva.org.uk/viva-gen](http://viva.org.uk/viva-gen)

Viva! is a reg. charity 1037486



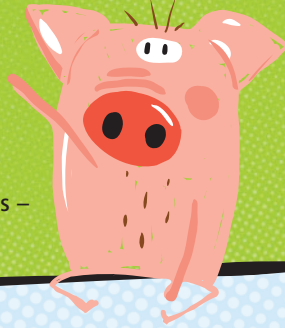
# Viva! Be kind to all kind



## Farmed animals in the UK



What's your favourite animal? Maybe it's an elephant because they're so gigantic. Or a dolphin because they're so clever. Or maybe it's a fluffy and playful puppy who likes to have her tummy tickled! But don't forget about the animals kept on farms, such as cows, pigs, chickens, sheep and fish, who never get the love they need. Many people think these animals are just things to be used for meat and milk, but every animal deserves to be treated with kindness – even the ones that aren't so cute!



## Pigs in peril

Did you know that pigs are one of the most intelligent animals on the planet? They are sometimes smarter than dogs, primates, dolphins and even human toddlers. They can even learn how to play computer games! But sadly, pigs are in peril across the UK.

On factory farms, millions of pigs are kept in cruel, crowded conditions. When they give birth to their piglets, mother pigs are kept in crates so small they can barely move. This means they can't look after their babies, and the piglets are taken away to be fattened up for meat when very young.

Some piglets have their main teeth cut off with pliers and most have their tails chopped off when they are just one day old. When they are only six months old, pigs are killed to be turned into pork, bacon and ham. Farmed pigs don't receive the care they need and face cruelty around every corner.



## Cruelty to cows

Did you know that cows are playful animals? Cows will pretend that they haven't been fed so they get second helpings and even play hide-and-seek – but they're a bit too big to be very good at it! Unfortunately, millions of cows in the UK can't play as they are just used for milk and beef.

**One-fifth of dairy cows are kept on 'zero grazing' farms. The cows are never allowed outside to eat fresh grass but are kept locked in industrial sheds with hard, dirty floors. Zero grazing causes painful illnesses and discomfort for cows.**

Female cows only make milk when they've had a baby – they make it to feed their calf, not for us to drink. But on farms, calves are snatched from their mothers so that humans can take the milk. Mother cows can hear their baby crying but can't do anything about it. Cows are bred to make so much milk that their bodies suffer, their bones stick out and they are often ill.

When dairy cows stop making enough milk, and when beef cattle are fat enough, they are crammed into trucks and transported to a slaughterhouse to be cruelly killed.



## Heartbroken hens

Did you know that chickens are closely related to dinosaurs, and that every year the UK kills over a billion of these brilliant birds?

Chickens are farmed for meat and eggs. Broiler (meat) chickens are kept tens of thousands to a shed, with filthy floors covered in bird poo. The chickens can't go outside or behave as they would in the wild. They are bred to grow so fast that they become too heavy for their legs, which break beneath the weight of their oversized bodies.

Around the world, egg-laying hens are often kept in rows of tiny cages, called battery cages. The chickens spend their entire lives on sloping wire floors with no room to move around. Battery cages are illegal in the UK but that just means the chickens are confined to bigger cages with more birds, where they don't have enough room to walk, run or even flap their wings; or they are 'free range' and tightly packed into large sheds. Due to overcrowding, many never go outside. When they stop laying enough eggs, they are killed and replaced.

When egg-laying hens are crammed in sheds or cages, they become stressed. Sometimes they peck at each other, so the farmer cuts part of their beaks off when they are just tiny chicks.

The life of a farmed chicken is short and miserable. Egg-laying hens are usually killed when they are just 18 months old and broiler (meat) chickens when they are only six to seven weeks old.

