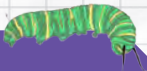


ANIMAL ACTIVIST HANDBOOK



22 FUN WAYS
TO HELP ANIMALS



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ANIMAL ACTIVIST HANDBOOK - 22 FUN WAYS TO HELP ANIMALS

So you love animals and want to help them – but do not know how to get started?

Getting active for animals requires careful thought if you want to make a real difference. Animals need you to think and act smart!

This pack is designed to help **YOU HELP ANIMALS.**

Inside you will find ideas, tips and suggestions for the different ways you can become active for animals.

This handbook is designed to help you help bring about peace and kindness for animals—not just the animals deemed as important

because they are cute or powerful—but the underdogs too. The small and insignificant, the ugly and clumsy, and the animals thought of as 'products' to be killed and eaten. The animals used in experiments and tortured in the name of science. The animals killed for sport. The animals removed from their native homes and imprisoned for our entertainment. This handbook will suggest ways to help all animals whether they fly, swim, burrow, walk or crawl.

Nichola Kriek

SAFE
EDUCATION OFFICER



ABOUT SAFE

SAFE stands for Save Animals From Exploitation. SAFE is an animal rights organisation and has been operating in New Zealand since 1932. SAFE's vision is of a society in which all animals are understood and respected and animals are no longer exploited, abused or made to suffer.

Our work for animals includes:

- changing attitudes
- creating awareness
- fostering compassion
- challenging cruel and exploitative practices.

SAFE works to a vegan ethic. SAFE do not believe animals should be used for food, clothing, experiments or entertainment, or hunted for sport.

safe.org.nz



PERSONAL STORY OF TWO YOUNG ANIMAL ACTIVISTS

HERE IS A STORY ABOUT TWO YOUNG PEOPLE WHO 'REACTED' INSTEAD OF THINKING ABOUT HOW THEIR ACTIONS FOR ANIMALS WOULD BE SEEN BY OTHERS

Selina and Jacob were both Year 10 students at a school in New Zealand. They had decided to become vegetarian. Some of their friends laughed at them and called them 'veg heads'. Selina and Jacob became upset and reacted by refusing to sit with anyone who was eating meat. Their friends began laughing even harder at them and said that their tomatoes were crying in pain. Selina lost her temper and called them 'murderers'. Jacob and Selina thought that they were making an important statement. Instead, this reaction caused an even bigger rift with their friends and they lost the opportunity to talk openly and honestly about their convictions.



This story shows us that it is always important to be respectful towards other people even if you have different ideas or values. It is tempting to insult people back, but this does not help the animals! The animals need you to think smart in

order to be their voice! As the saying goes, 'you attract more flies with honey than with vinegar'. You will win over more people by treating them respectfully than by criticising them for not agreeing with you.

CRUELTY-FREE LIFESTYLE

DID YOU KNOW THAT EVERY YEAR IN NEW ZEALAND WE KILL:

700
THOUSAND

PIGS



1.1
MILLION

BULLS & STEERS



1.4
MILLION

HEIFERS & COWS



2
MILLION

CALVES



23
MILLION

LAMBS



600
THOUSAND TONNES
(OVER 80 MILLION FISH)



3
MILLION

LAYER
HENS



4.2
MILLION

SHEEP



100
MILLION

CHICKENS



This adds up to over **208 million animals killed per year for food** in a country with only 4.4 million people.

Each day New Zealand kills around 570,000 animals for food. That's 23,824 animals each hour - 397 per minute! The clock is literally ticking for these animals.

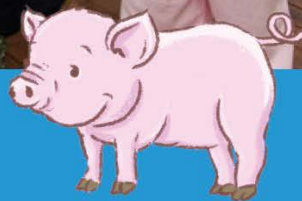
Did you know?

Most animals killed for meat are only babies. Meat chickens are killed when they are only six weeks old. Lambs are removed from the farm and their families when they are very young - only one year old.

Meat and layer chickens are hatched and bred in huge windowless sheds. They never know their mothers.



BE THE CHANGE



GANDHI FAMOUSLY SAID,
"YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD".

Humans generally like to put themselves first and have created a *Universal Declaration of Human Rights* to protect our rights. This declaration prevents humans from being treated as things. Animals do not have this protection. Humans routinely treat animals as things or possessions, not living, feeling

beings. Animals are treated as 'things' to eat, wear, imprison in zoos and circuses, hunt and use in experiments.

SAFE believes that animals are not things and that each animal values his or her life just as much as you and I value our own lives.

IMAGINE YOU WERE A DIFFERENT SPECIES - A LAMB, CALF, RABBIT, RAT OR EVEN AN ELEPHANT!

Would you want to be killed and eaten for food?

Would you want your skin or hair to be used for clothing or furniture?

Would you want to be used in painful experiments?

Would you want to be kept in a zoo or circus all your life?



Would you want to be hunted for sport?

If you answered 'no' to these questions - then have a think about your lifestyle.

Do you wear leather or wool?

Do you eat animals?

Do you visit the zoo or circus?

Do you buy products that have been tested on animals?

THE MOST POWERFUL THING YOU CAN DO TO HELP ANIMALS IS TO STOP TREATING THEM AS THINGS FOR HUMANS USE. YOU CAN BE THE CHANGE FOR ANIMALS.

The most important step you can ever take to help animals is to go vegetarian or even better, vegan. Ethical vegetarians and vegans choose not to eat meat because they do not want to contribute to animal suffering or death.

THERE ARE MANY DIFFERENT TYPES OF VEGETARIANS:

OVO-VEGETARIANS:

will eat eggs but not dairy products.

LACTO-VEGETARIANS:

will eat dairy products but not eggs.

OVO-LACTO VEGETARIANS:

will eat both dairy products and eggs.

VEGAN:

no eggs, no dairy, no other animal products such as honey.



Think of what (or who) you eat each day.

Every vegetarian saves an average of 30 land animals (28 of these are chickens) per year and lots of fish.¹

SAFE's Go Veg campaign provides loads of tips and recipes for those who have decided to go veg or are interested in learning more about it.

Check out the Go Veg section of the SAFE website and download the Go Veg starter pack for information on how you can go veg!

safe.org.nz/go-veg



FYI:

People who eat chicken and fish are not vegetarians!

Source:

¹ How many animals does a vegetarian save? www.countinganimals.com/how-many-animals-does-a-vegetarian-save/

2 KIND SHOPPING

Have you thought about the products you buy and whether animals were harmed when they were made?

Take a look at your shoes, your bag, your belt and your top. Are any of these made from leather, wool or silk?

How about the shampoo, toothpaste and dish wash liquid you use? Were these tested on animals?

It is easy to forget about the animals that suffer just so we can have a trendy pair of leather sneakers or bag. There are lots of synthetic (man-made) products out there that are just as cool and do not involve animal cruelty.



Cruelty Free Shop

thecrueltyfreeshop.co.nz/clothing-accessories

Download the SAFEShopper app to find products that are not tested on animals:

safe.org.nz/safeshopper-cruelty-free-nz



**SHOW YOU LOVE ANIMALS -
BE A KIND SHOPPER**



3

SAY 'NO' TO CIRCUSES, ZOOS AND RODEOS

It is no fun to spend your life in a cage on the road all day travelling from town to town and then being thrust under the circus lights to perform meaningless tricks. Thankfully, New Zealand no longer has any circuses with exotic animals. Our last New Zealand circus with exotic animals closed in 2009.

Animals in zoos and aquaria suffer from a number of problems due to their captivity. Boredom, stress and stereotypical (repetitive) behaviours are typical in zoo animals. Many animals live in social groups and environments that cannot be replicated in zoos and some are used to travelling over long distances. Because we want the animals on 'display' shy animals are given nowhere to hide. These animals will likely feel scared and uncomfortable most of the time.

Rodeos place animals in highly stressful and painful situations. The use of flank straps (to make the animals buck), ropes and spurs cause discomfort and in some

cases animals (many only a few months old) are injured and at times killed during brutal rodeo events.



If you care about animals, turn away from places that use animals for our entertainment. Perhaps you could give your money to organisations that work to protect animals or conservation groups that preserve animals' wild habitats instead.

.....

**IF YOU CARE -
DO NOT SUPPORT
CAPTIVE ANIMAL
ENTERTAINMENT**

.....

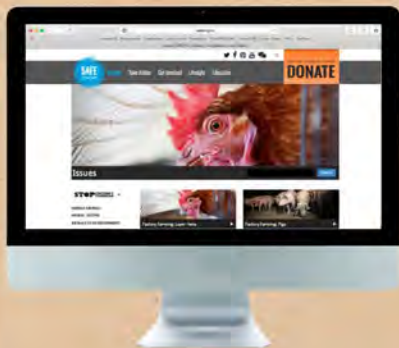
TRAIN YOUR MIND

If you want to be a voice for animals you need to know your facts. Some of the key issues for animal rights are factory farming, use of animals in experiments, use of animals in entertainment and of course vegetarianism/veganism.

4 FIND OUT THE FACTS

Check out the 'Issues' section of the SAFE website to learn more about animal issues:

safe.org.nz/issues

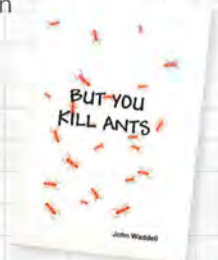


5 KNOW YOUR ARGUMENTS

There are some people who like to become/be argumentative when it comes to animal rights.

Common arguments are that 'animals do not feel pain' or 'if the hens were not happy they would not lay eggs'. Vegans and vegetarians are often told that they will get sick if they do not eat meat. Be prepared for people to defend their treatment of animals - no one wants to be told they are cruel. Listen and be respectful of what others have to say - but also be ready to explain what life is like from the animals' point of view.

There is a great little book called *But You Kill Ants* by John Waddell that might help you with the trickier questions.



crueltyfreeshop.com.au/products/but-you-kill-ants

Practise how you would answer questions with your friends.

1. How do we know farm animals suffer on factory farms?
2. What biological differences are there between animals and humans that cause animal experiments to suggest different results in humans?
3. What are the benefits of a vegan diet (for animals and human health)?
4. How do we know that animals have emotions and feel pain?

ACTIVISM IN THE COMMUNITY

Goethe said, 'What you know about, you see'. It means that once you know or are aware of something you start to see it all around you. If we want people to see cruelty to animals we need to make them aware - then they will start to really notice what has probably been staring them in the face all along!

6 UNLEASH YOUR PEN: WRITE A LETTER OR EMAIL

Have you got something to say about animal cruelty? Do you want your voice to be heard?

There are lots of people you can write to about your concerns for animals. Letters from young people are generally a lot more powerful and meaningful than letters from adults. When writing be sure to give your full name, address and your age.

You could write to:

Politicians

These are the people who make decisions about how our country is run. If you are concerned about the treatment of animals in your local area, write to your local MP (Member of Parliament). You could ask them what they are doing to stop factory farming of animals in New Zealand.

parliament.nz/resource/0002196703



Companies

Whenever you buy something you make a statement – you are saying ‘I like and support this product and company’. Your choices and decisions can make a big difference to the companies you buy from. For example, if you and your friends decided to stop purchasing a brand of shampoo because the company tests the ingredients on animals, and buy another brand that does not test on animals, each company will notice the difference in their profits.

safe.org.nz/safeshopper crueltyfree.nz

Newspapers

Every now and then there are stories in the paper about animals. If you see something you feel strongly about why not write a letter to the editor? Most newspapers have a 150 word limit so it does not have to be long. Some of the best letters are the shortest!

TIPS:

Explain why you are writing the letter. Provide details about the animal issue you are concerned about.

Describe what kind of action for animals you would to happen as a result of your letter.

1. Write to companies who are kind to animals and let them know they are awesome!

2. Write to companies who need to be reminded to be kind to animals and let them know your dollars are going elsewhere.

WRITING TIPS!

Learn how to write a letter with this letter writing game on **Fun English Games**:

tinyurl.com/7f6dk6f



7 START A PETITION

Did you know anyone can start a petition?

If you want to make a change, a petition can be a great way to get support from others and make a difference.

Perhaps you want your school canteen to stop using battery eggs. You could start a petition that could be handed to your school Principal.

You can print your petition on paper (and make lots of photocopies) or even create an online petition:

activism.com/en_NZ/petitiononline.co.nz

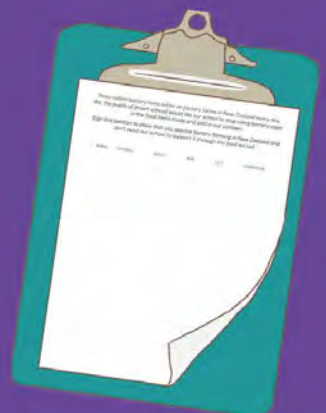
Make sure to carefully count how many signatures you have and invite the school newspaper to be present when you hand over the petition. Take photos and try to get as many people as possible along to support you.

WORDING COULD BE:

Three million battery hens suffer on factory farms in New Zealand every day. We, the pupils of [insert school] would like our school to stop using battery eggs in the food items made and sold in our canteen.

Sign this petition to show that you oppose factory farming in New Zealand and do not want our school to support it through the food we sell.

NAME SCHOOL CLASS
AGE CITY SIGNATURE



8

GIVE OUT LEAFLETS

SAFE has leaflets on all sorts of different topics.

Think before you buy
(about factory farming)

Chicken – the True Cost
(about meat chickens)

Colony Cages – New Cages, Same Old Cruelty
(about cage eggs)

Her Life in a Cage...
(about battery hen farming)

Go Veg and No One Gets Hurt
(about going veg)

Love Animals
(10 tips to help animals)

If you want, we can send you copies to give to your friends and family.

TIPS FOR LEAFLETING

- Try not to give leaflets to people who are likely to just throw them away without reading them.
- Ask your local and school library if they would be prepared to have some leaflets on display.
- Place leaflets in places where you think they will stay for a while (doctors' and dentists' waiting rooms, even your hairdresser).



9 SPEAK OUT FOR ANIMALS – WEAR IT AND SHARE IT!

If you do not want to say something out loud you can perhaps send a message more subtly. You could wear a tee-shirt or badge with a special message or put a bumper sticker on your bike or skateboard – even your school exercise book!

You can also buy shopping bags that tell people how you feel.

- Tee-shirts
- Badges
- Stickers
- Wallets
- Shopping bags

Most of these items can be ordered online at the Cruelty Free Shop:

thecrueltyfreeshop.co.nz



abuse

RUELTY
E

HAVE A
HEART

10 STICK IT TO 'EM - MAKE PLACARDS & POSTERS

Every now and then something so awful happens to animals that SAFE gets out on the street with placards and posters. You can make your own placard at home. All it takes is:

- a big piece of card,
- a wooden stick or post,
- a staple gun or a couple of nails to attach the card to the stick and
- paint and paintbrushes.

The most difficult part is coming up with a catchy slogan. Here are a few to get you thinking:

BEING
CRUEL
ISN'T
COOL

LOVE ME
DON'T EAT ME

GIVE PEAS
A CHANCE 

THERE IS
NO EXCUSE
FOR ANIMAL
ABUSE

EAT BEANS
NOT BEINGS 



ACTIVISM AT SCHOOL

There are lots of opportunities to become active for animals at school. Find people who care about animals and start up an animal rights group. Together you can work out ways to shine a light on animals and teach your friends, teachers and classmates about how they too can help animals.



11 WRITE ABOUT ANIMALS

If you can choose your own topic for projects why not write about animals? Perhaps do a research paper on animals, either learning about the special abilities of animals or how humans mistreat animals. If you have to write a speech ask if you can write about how we can improve the lives of animals. The topics are endless. Some examples for you to think about:

- Animals have feelings
- Animals are intelligent
- Incredible animals (senses, abilities, adaptations)

- Factory farming - a miserable life on the farm
- Animal testing - animal torture for bad science
- Animals in entertainment - no fun for animals
- Let fish off the hook - fishing hurts
- Hunting - deadly for animals
- Go Veg - how a veg diet helps animals

SAFE has produced a series of textbooks for secondary schools. You can download materials and resources from the Animals & Us textbooks here:

safe.org.nz/animals-us



12 MAKE A LIBRARY DISPLAY

Ask your librarian if you can put together a display for your school library.

A library display is a great way to get the message about animal rights out in public. Pick an animal topic that you feel strongly about and put together a display. Find pictures and glue them to cardboard. Write information about the following:

1. Introduce the animal and explain why this animal is special
2. Explain how the animal is mistreated
3. Provide some solutions for how people can help this animal.

Make sure you sign your name so people will know they can come and talk to you if they have any questions about your display. They might even want to help you with the next one!

13 START AN ANIMAL RIGHTS GROUP

It is always nice to be able to join forces with other people who feel the same way about animals. Why not start your own animal rights club?

Here are some steps to creating your club:

1. Think up a name for your club
2. Decide on what you want to do for animals (Perhaps you just want to focus on one animal and figure out how you can help that animal or maybe look at animals in general and why people treat them the way we do.)
3. What are the rules for joining your club? Can anyone join?
4. If anyone can join, what steps do they have to take to become an animal activist?

NOTE: KEY DEFINITIONS

ANIMAL RIGHTS GROUP:

A group where everyone agrees that animals are not meant to be used by humans for food, to wear, for entertainment, to hunt, for sport, to be used in experiments.

ACTIVIST:

Someone who actively campaigns to bring about political or social change. They may do this by speaking out, sharing information, writing letters, recording evidence, providing direct care for those in need.

ANIMAL ACTIVIST:

Someone whose attentions are focussed on protecting and improving the lives of animals.





14

TALK ABOUT ANIMALS

Let people know about animals at every opportunity. If you are doing speeches at school, talk about animals; if you are taking part in a debate, suggest an animal topic. See if you can get a SAFE speaker along to your school.

NOTE: SAFE speakers are only available in some centres.

Maybe you could even start up your own radio show about animals, or a video diary you can share with others!



15

GET YOUR SCHOOL CANTEEN ON BOARD

Check out the menu at your school canteen. Are there any veg options? Do they purchase factory-farmed products (meat or eggs)?

Perhaps you could talk to your Principal about the possibility of your school moving away from purchasing factory-farmed products. After all schools are places for compassion and respect and factory farming is a cruel process.

NOTE: SAFE does not promote free-range farming. Factory farming is incredibly cruel to animals and needs to be stopped - but unfortunately free-range farming also contributes to animal suffering (all farmed animals are eventually killed). SAFE suggests and promotes a veg diet as a compassionate alternative.

FUNDRAISE FOR ANIMALS

Another way to help animals is to fundraise for them. Groups like SAFE work every day to make the world a better place for animals. We cannot make positive changes for animals without money to print information leaflets or pay for our awareness-raising commercials to be shown on TV. SAFE also produces education resources about animals that are free to every secondary school in New Zealand.

Past SAFE campaigns against factory farming have freed pigs from sow stalls. Our campaigns against animals in entertainment have closed down circuses that

used exotic animals and stopped dolphins from being used for human amusement.

If you want to raise money to help SAFE help animals, here are some ideas for what you can do:

16 SCHOOL MUFTI-DAY

Approach your school principal or student council and see if they would be prepared to let you hold a mufti-day for animals. If your school already wears mufti perhaps you could dress up as animals for the day or do animal face-painting.



17 HOLD A VEGAN SAUSAGE SIZZLE OR BAKE STALL

Sausage sizzles are a great way to raise money – but selling meat sausages is not a good way to help animals! SAFE is a veg charity so why not run a vegan sausage sizzle? Vegan sausages are available at most supermarkets and vegetable oil, onions and tomato sauce are, of course, already vegan. Most breads are vegan too.

NOTE: If you are unsure about vegan products feel free to contact the SAFE office – we are happy to guide you.

If you like baking you could also have a go at a vegan bake sale. The SAFE Go Veg website has loads of delicious vegan recipes:

safe.org.nz/go-veg

PERHAPS YOU
COULD TRY THE
YUMMY CUPCAKE
RECIPE ON THE
NEXT PAGE...





VEGAN CHOCOLATE CUPCAKES

(from *Vegan Cupcakes Take over the World*)

INGREDIENTS:

- 1 cup soy milk
- 1 teaspoon apple cider vinegar
- 3/4 cup sugar
- 1/3 cup canola oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract, chocolate extract, or more vanilla extract
- 1 cup all-purpose flour
- 1/3 cup cocoa powder, Dutch-processed or regular
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

INSTRUCTIONS:

- Preheat oven to 350°F and line a muffin pan with baking cups.
- Whisk together the soy milk and vinegar in a large bowl, and set aside for a few minutes to curdle. Add the sugar, oil, vanilla extract, and other extract, if using, to the soy milk mixture and beat until foamy. In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder, and salt. Gradually add dry ingredients to wet ingredients and beat until no large lumps remain (a few tiny lumps are OK).
- Pour into liners, filling 3/4 of the way. Bake 18 to 20 minutes, until a toothpick inserted into the centre comes out clean. Transfer to a cooling rack and let cool completely.

ICING

- 1/2 cup vegan shortening
- 1/2 cup vegan margarine
- 3 1/2 cups icing sugar, sifted if clumpy
- 1 1/2 teaspoons vanilla extract
- 1/4 cup plain soy milk
- Beat the shortening and margarine together until well combined and fluffy. Add the sugar and beat for about three more minutes.
- Add the vanilla and soy milk, and beat for another five to seven minutes until fluffy.

You will need to decide how much money to ask for your cupcakes. Remember to make a sign explaining that you are raising money for animals. People are often prepared to pay more if they know it is for a good cause.



18 HOLD A GARAGE SALE

Another great way to raise money for animals is to hold a garage sale. Perhaps you and your friends could get together and combine any old toys, clothes or bits and pieces you do not want or need anymore. Make sure you check with your parents before selling any of your belongings!

Work out the price you want for things in advance so people know how much to pay.

You can advertise your garage sale in the community notices of your local paper. Be sure to have a float (notes and coins for change).

19 GET YOUR FRIENDS AND FAMILY TO SPONSOR YOU

Perhaps you and your friends could do a run, walk, swim or bike ride for animals? You could wear an animal costume for a day or even go veg for a week!

You can ask people to sponsor you for every kilometre, lap or day, hour or minute that you manage to complete. An easy way to raise money for SAFE is via

Everyday Hero. Through *Everyday Hero* you can set up a fundraising page, set targets, and share the web address with family and friends.

You will need your parents to help you register.

nfp.everydayhero.com/nz/safe

If you would like to raise money for animals perhaps you could offer to do some odd jobs for your friends or neighbours. You could do gardening, clean their car or help with household chores (doing dishes, peeling potatoes).



PROMOTION

If you are organising an event for animals your local newspaper might be interested in writing a story about what you are doing. It is a great way to get the message out to a wider audience.

NOTE: *If your event is on behalf of SAFE and you plan to talk to the media please let us know beforehand. You can contact our Promotions Manager at auckland@safe.org.nz. Our Promotions Manager can give you advice about what to say – and sometimes what not to say!*

GETTING THE MONEY TO US

Once you have held your multi-day, completed your sponsored run, or sold all your vegan baking, it is time to think about getting the money you have raised to us so it can be used to help improve the lives of animals! There are a number of ways to do this – to find out more please visit

community.safe.org.nz/getting-money-to-us





DIRECT ANIMAL AID

Would you know what to do if you came across an animal in distress? Knowledge of basic first aid for animals can sometimes be the difference between life and death. Small animals like birds can die of shock quite easily if they are not handled properly.

21 LEARN ANIMAL FIRST AID

Your local vet might be able to give you advice on basic first aid for animals:

- How to recognise abnormal behaviour
- How to stop an animal from going into shock
- How to safely handle and transport animals in pain.

Animals can be quite aggressive when they are hurt so always seek the assistance of an adult before approaching an injured animal.

Pet First Aid and Training NZ

tinyurl.com/nswwohl



JOIN SAFE

If you want to learn more about animal issues and meet other young people who care about animals, why not join SAFE Youth - Kids' Voice 4 Animals. It's FREE!

22

JOIN SAFE YOUTH - KIDS' VOICE 4 ANIMALS

Join SAFE Youth - Kids' Voice 4 Animals

SAFE Youth members receive:

- A free newsletter three times per year
- A membership card



**JOIN SAFE YOUTH - KIDS' VOICE 4 ANIMALS
FILL IN THE MEMBERSHIP FORM BELOW AND
SEND IT INTO SAFE.**

Name:

Address:

Postcode:

Email:

Phone:

Date of birth:

Name of parent/guardian:

POST TO:

**SAFE
PO BOX 13366
CHRISTCHURCH 8014**

WRITE YOUR IDEAS FOR ANIMAL ACTIVISM HERE





A series of horizontal blue lines providing a writing area on a white sheet of paper.





SAFEAnimalSquad.org.nz is brought to you by SAFE