

Rachel Cliff

Mr. Morris, per. 2

English Foundation

10 February, 2016

This I Believe

I believe in the rights of innocent animals, and standing up for those who don't have the power to stand up for themselves. I have always believed in animal rights, and protested cruelty, but it wasn't until my teen years that I began really genuinely appreciating my parents bringing me up as a vegetarian. Why? Because I started really thinking about all that my mom had educated me about, and did further research on my own. Before I was born, my mom was a vet nurse. Her love of animals is one of my favorite things about her, and I admire her so much for all that she has done. She's had a special love for animals since she was extremely young, and started having thoughts about becoming a vegetarian at the age of five when she learned where meat really came from. Unfortunately, her family wouldn't allow her to stop eating meat until her adolescent years when she knew she could make her own decisions. My dad was also raised eating meat, but made the decision to go almost fully vegetarian when he was with my mom. They had me, and soon enough, he was completely vegetarian, and we were and are a happy healthy family. I honestly will never be able to thank my parents enough for not having meat in the house, and raising me to be healthy and cruelty-free, and it's true, my diet growing up is why I have always been really healthy, and why I'm looking at a future in animal rights activism. I was a vegetarian until December of 2015, when after years of wondering about it, I read an article about the dairy industry and how it treated its animals, and I was once again disgusted with the fact that people are okay with tearing animals who feel and love just as we do, away from their families, just so we can produce even more food that humans don't need to eat to survive. I read these articles on December 27 of 2015, and on December 28, I didn't eat a single dairy product, and to this day, I have been completely vegan, and feel happier, more confident, and more energetic than I ever have before. My parents could not have been more supportive, and my mom is always looking for new things to cook for me and buy for me, and she admires me, just as I have always loved and admired her. Her love for animals always inspired me, and now after about 14 1/2 years of living, I was able to inspire her in the same way, and nothing makes me more proud. I don't know exactly what my future looks like, but I know that I will continue to support and be an activist for animal rights, and will also continue to put a lot of my money into my favorite organization PETA, and I know that I'm capable of making a difference, and showing my mom that she is my hero and my best inspiration to do good things, and have a voice for those who can't speak up for themselves. I believe in the rights of innocent animals. Cows, pigs, chickens and any other animal that is being tested on, used for entertainment, killed or put through pain for food, used for clothing products, kept in a tiny cage, underfed, forcefully overfed, taken away from its family, or anything else causing harm to the kind and gentle beings we are so fortunate to be able to share the Earth with. No animal should have to suffer, and I believe that I can do something to change the way things are, or at least try to make it better for them. For me, for my mom, for the animals. Thank you.