

I'm a Vegan Teen  
by Xander (age 13)

I'm a vegan teen, and I realize many of the world's ills can be cured by going vegan. Most people live in denial and ignorance stemming from their upbringing, not getting out of their heads that their parents told them meat was "good for them." They developed an addiction to meat and struggle to give it up. I'm fortunate that those who raised me saw things differently and taught me more compassionate living. First my uncle, then my grandparents, and then my mother all saw the light of going vegan. That made it easy for me to go vegan. I too realize that going vegan was good for the animals, good for the world, and good for my body. With the amazing support of my family, I went vegan two years ago.

My generation will be the next leaders of the world. Our going vegan means the when we become adults we are likely to have vegan offspring than flesh-eating parents. A new era is beginning to dawn. Adults have become mired in their old and tired traditions making it hard to change. What better way to promote worldwide veganism than us kids! I am soooooo lucky to have vegan family and to be vegan. I know that the compassionate future of the world starts with me. Water pollution, greenhouse gases, rainforest devastation, animal carnage, aquifer draining are all major world problems caused by raising "food" animals. Veganism solves ALL of these problems and aids in world hunger relief. The solution to these issues starts with me and my choice to go vegan. I'm proud to not be part of the problem and instead be part of the cure!

I can now look livestock animals in the eyes and tell them that I'm on their side!

I'll never hurt them, and if I could just get away with freeing them from their captors I would! It makes me sad when I see "food" animals treated so inhumanely as society allows. Sometimes humans are just sick, cruel, ignorant beings, but us vegan kids are the future.

I'm excited for my vegan future. I will live a longer and healthier life because of it. I will save many animals by not eating them. I am truly blessed to be vegan and am proud of my choice. I'm a vegan teen and proud of it.