Get started today.

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got nonviolence?

Like racism, sexism, heterosexism, ableism, and other forms of prejudice, speciesism is a form of violence.

Nonviolence requires veganism.

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## Why should you go vegan?

Animals experience the world. They feel pain. They matter morally. Going 'vegetarian' doesn't end violence to animals. Changing the way we use them or reducing the number we use doesn't end violence. Not using animals at all is the right thing to do, and the most important for them. If you care about animals, veganism is the only consistent response. You can start today!

## What is abolitionist veganism?

Abolition means ending the use of animals as our resources: for food, clothing, entertainment or other purposes. Veganism is your personal commitment to abolition in daily practice. Abolitionists are against sexism, racism, speciesism, and other forms of violence. We support creative, nonviolent education to promote veganism and the end of animal use.