



### Actions for Animals

1. Choose Wisely by purchasing free range or barn laid eggs and free range meat.
2. Distribute the RSPCA's Choose Wisely cards to restaurants and cafes. Visit [www.choosewisely.org.au](http://www.choosewisely.org.au) for more information.
3. Ensure that animals in your care have the Five Freedoms (visit [http://www.rspcavic.org/about\\_us/about.htm](http://www.rspcavic.org/about_us/about.htm) for more information).
4. Adopt an animal from a shelter rather than buying one from a pet shop.
5. Do not support circuses with animals.
6. Do not attend rodeos.
7. Choose beauty, personal care and cleaning products that are not tested on animals.
8. Spread the word about animal welfare issues to family, friends and colleagues.
9. Report animal abuse or neglect to RSPCA Victoria Inspectors.
10. Express your passion for animal welfare through the arts - books, children's books, film, television and music.
11. Contact your local MP. Express your concern for animal welfare and suggest changes to laws after researching RSPCA campaigns at [www.rspcavic.org](http://www.rspcavic.org).
12. Draw up a petition at [www.aph.gov.au](http://www.aph.gov.au) for an RSPCA campaign or collect signatures for existing RSPCA petitions.
13. Start an awareness campaign at your school and instigate changes in your school such as a free-range tuckshop.
14. Sign the petition for the United Nations Universal Declaration for Animal Welfare. [www.udaw.org](http://www.udaw.org).
15. Become a volunteer for the RSPCA.
16. Organise a membership drive to encourage new RSPCA members.
17. Organise a fundraising activity for your local RSPCA.