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Ending Cosmetic Animal Testing One Paw at a Time

When I began wearing makeup in middle school there was one animal welfare issue in particular that truly unlocked my voice for animals and pushed me to fight for and protect them in my everyday life—cosmetic animal testing. My childhood hero wasn't the usual Superman or Michael Jordan. It was the beautiful soul that was Steve Irwin, the beloved 'Crocodile Hunter'. His message of the importance of humanity's role in the care and well-being of animals was instilled in me at a very young age. Animals have been such a huge part of my life; they've been my friends, companions, and have brought me insurmountable joy. As I grew up, so did my love of activism, and for years I've used that to target the issues animals face everyday-- whether that be circuses, pet shops, zoos, fur, leather, and even in how I eat. However, the horrors and injustice of cosmetic animal testing has always hit close to home for me.

I started noticing that some of the products I was purchasing had small bunny symbols on the back. After doing research into what these symbols meant, I learned that they indicated a product had not been tested on animals. I breathed a sigh of relief, but what else I discovered shocked me. Millions of animals are tortured, blinded, and killed every year for the sake of testing cosmetic products like mascara or lipstick. Animals like guinea pigs, monkeys, reptiles, birds, and mice are subjected to cruel and unnecessary torture all for the sake of "beauty". As if this wasn't heart wrenching enough, I learned that beagles have been one of the most commonly used breed of dog in cosmetic testing for decades. This is because they are inherently friendly, trustful, and *forgiving* (AAVIS). My own dog, Brownie, is a beagle and the thought of this happening



to other innocent animals like her lit the fire in me to do something about it. Since educating myself about this horrific practice, I have been shopping cruelty-free for the past six years. However, it never occurred to me just how far I could go to spread this message of cruelty-free living to my community and the world.

I've been a Girl Scout for 12 years. When it came time to work on my Gold Award, the highest award a Girl Scout can earn, I wanted to do something I was truly passionate about. I racked my brain for a while, and then one day I saw a rerun of *Crocodile Hunter* on TV.



Everything I remember learning from Steve as a kid came rushing back, and with one look at Brownie I knew what I had to do: I decided to take the issue of cosmetic animal testing head on. I began by creating my own traveling workshop that I would take to different community events in my area. At these workshops, I would show people how to make their own homemade cosmetic products, like lip scrubs and face masks, by giving out samples and demonstrating recipes with inexpensive, healthy, and cruelty-free ingredients. I explained to each visitor just how easy it is to shop cruelty-free just by simply looking for the certified indicative cruelty-free symbols on the back of products like makeup, shampoo, and even air fresheners. If everyone shopped cruelty-free, companies who participated in this inhumane treatment of animals would be forced to change their ways or shut down for good. Brochures I created included this information, as well as a list of popular and affordable cruelty-free brands, cosmetic animal testing statistics, the alternatives to animal testing, and the recipes I demonstrated at my workshops. I was met with such a great response and found most people after finding out how obsolete and inhumane the cosmetic animal testing industry really

is, wanted to help defeat it with only a few simple changes to their beauty, grooming, or cleaning brands and practices. I attended events put on by the Virginia Beach SPCA, community events such as the Ultimate Show for Women at the Virginia Beach Convention Center, church functions, and was even the only youth presenter at Old Dominion University's 8th Annual Conference for Girls and Young Women, where I taught a workshop to nearly 100 at-risk girls in



my community about living a cruelty-free lifestyle. My message didn't stop there. I wanted to enact real change in the cosmetics industry. I got in contact with Matthew Gray, the Virginia State Director of the United States Humane Society. He told me about the Humane Cosmetics Act, Bill H.R 2858, that was introduced into Congress with bipartisan support. This bill would completely ban cosmetic animal testing in the United States, just as many major countries in the world have already done (Cruelty Free

International). So, I began advocating for the passage of this bill at my workshops. I handed out pre-written letters to sign and send from a constituent to their corresponding congressmen asking for support of the Bill. This past June, I enacted my civic responsibility of championing an issue I cared about by speaking with my local legislators and traveling to Washington



D.C to speak with federal legislators and congressmen and women about the Bill. My passion brought this animal welfare issue to the forefront of my friends, family, the community and

major legislators' minds. Animals do not have to suffer for our beauty. They deserve to live long full lives, free from needles, cages, and fear. Simply by changing small things in our daily lives we can make a huge difference in the life of a living, feeling, and vulnerable being. I've always believed humans have the responsibility to protect and care for all animals, without drawing a line or making exceptions. I know the courage to be their voice has been within me since day one. My message of cruelty-free living inspired all those I met to be smart consumers, support ethical business practices, and, most importantly, save countless innocent lives.



Old Dominion University Girls and Young Women Conference Workshop.



Me in Washington DC with Girl Scout of Colonial Coast CEO Tracy Keller, Former Girl Scout of Colonial Coast Chairwoman Cheryl Mack and Congressman Bobby Scott (D-VA) (top) and Congressman Rob Wittman (R-VA) (bottom).

Common Cruelty Free Cosmetic Companies

These are some companies that are available at all your favorite stores!

Remember to sign the Humane Cosmetics Act Online Petition!
www.thepetitionmate.com/867/348/274/

Easy to Use Online Resources

To search for cruelty-free products by brand or for more to full list go to:

Leapingbunny.org
<http://www.leapingbunny.org/guide/brands>

American Anti-vivisection Society (aavs.org)
<http://aavs.org/our-world/cruelty-free-shopping>

Peta.org
features.peta.org/cruelty-free-company-search

For more quick info you can help:

Ten Ways to Help Animals in Labs
 by the humane.society.org

What You Can Do To Stop Animal Testing
 by the [Physicians Committee for Responsible Medicine \(pcrm.org\)](http://PhysiciansCommitteeForResponsibleMedicine.com)

End Animal Testing
 by [Humane Society International](http://HumaneSocietyInternational.com)
http://hsi.org/campaigns/end_animal_testing
[Visit my Facebook Page for More!](#)

Go to: [Help End Cosmetic Animal Testing](http://HelpEndCosmeticAnimalTesting.com)

OnePawataTime

HELP END COSMETIC ANIMAL TESTING

ONE PAW AT A TIME

Simple ways YOU can help end cosmetic animal testing, shop cruelty-free, and save countless lives!

Created By Anne F
 Get Scarz, Gold Award
 Troop 558

GET THE FACTS

- Over 100 million animals every year are tested on in bio-medical research, which includes cosmetic testing.
- The most commonly used animals are dogs, horses, cats, guinea pigs, monkeys and chimpanzees, although the majority are rats, birds and mice.
- 82% of experimental drugs that are effective in animal trials, fail in human clinical trials because they are too dangerous or don't work.
- Over 33 countries including Europe, India, and Israel have already set a ban on animal testing.

★ The Alternatives ★

Companies can use the thousands of already safe-proven ingredients instead of testing on creating new ones.

There are over 50 modern alternatives to animal testing, that are faster and more cost-effective than the outdated practice of animal testing!

Also, by pledging to buy only cruelty-free products, companies that do not or animals will be forced to either change their ways or go out of business!

more info: www.humane.society.org
www.vegetarian.org, and www.peta.org

TAKE HOME RECIPES

Honey Sugar Scrub
 1/2 cup honey
 1/2 cup brown or raw or granulated sugar
 1 tbsp olive oil or coconut oil
 1 drop of essential oil of your choice (optional)
 mix and apply (chill if you'd like)
 [Add more or less sugar to fit the exfoliating consistency to your liking]

Hair Moisturizer
 1 tsp olive oil
 2 tbsp honey
 2 tbsp plain yogurt
 Mix & apply through scalp.
 Leave in for 15-20 mins, then rinse.

Lip Scrub
 1 tsp of coconut oil, 1 tsp of raw honey,
 3 tsp of raw or granulated sugar and a dash of lemon juice.
 Mix and apply for smooth lips.
 [Add more or less of the ingredients to fit the exfoliating consistency to your liking]
 Note: all oils etc. are optional. This scrub is more easy DIY recipe like these cost extra!
 Creating your own DIY products eliminates the need to purchase any animal-tested products, as well as saving money, time, and countless lives!

How To Shop Cruelty-Free

Companies who are proudly cruelty-free will place easy to find anti-cruelty labels on their products. Look for these symbols on your cosmetic and personal care labels:

These are the most commonly used and certified logos that tell you a product is cruelty-free.

Note: vegan/vegetarian does not mean cruelty-free

Outside and inside of original brochure I created and handed out to over 800 people.

Photos featured throughout essay in order of appearance:

1st- My beagle Brownie.

2nd - Close up of the samples and recipe displays on my booth.

3rd –Virginia Beach SPCA Dog Walk in the Park.

4th- Old Dominion University's Girls and Young Women Conference booth.

Works Cited

“Animals in Science” AAVIS, <http://aavs.org/animals-science/animals-used/dogs/>. Accessed 5 March 2017. Web.

“Our Achievements”. Cruelty Free International, <https://www.crueltyfreeinternational.org/who-we-are/about-cruelty-free-international/our-achievements>. Accessed 5 March 2017. Web.