

DID YOU KNOW?

Civil Rights and Animal Rights Are Linked

Many civil rights leaders, past and present, have maintained that as long as one form of prejudice exists, no form of prejudice can be completely eradicated—and for that reason, civil rights and animal rights are inextricably linked. Here are some of those revolutionary thinkers:

Coretta Scott King

Birthdate: April 27, 1927–January 30, 2006
Heiberger, Alabama

Coretta Scott King was an African-American civil rights leader, activist, and vegetarian. She played a key role in the civil rights movement in the 1960s as an active voice for the black community alongside her husband, Dr. Martin Luther King Jr. After his death, she continued to advocate for black equality. She also believed that compassion should extend to animals. She went vegan after her son Dexter Scott King convinced her that it was the next logical step to living a nonviolent lifestyle.

Angela Davis

Birthdate: January 26, 1944–Present
Birmingham, Alabama

Angela Davis is an African-American educator, civil rights activist, author, and vegan. She's known for her involvement with the Black Panthers, a revolutionary political organization. Today, she continues to oppose oppression of all groups, including animals. She considers her vegan lifestyle a revolutionary act and believes that we should expand our circle of compassion to include animals because it's the natural progression of empathy. She encourages everyone to ask more questions concerning what and who is on their plates and believes that mindful eating is the key to healthy living.

Rosa Parks

Birthdate: February 4, 1913–October 24, 2005
Tuskegee, Alabama

Rosa Parks was an African-American civil rights activist and leader dubbed the “mother of the freedom movement” by Congress, and she was also a vegetarian. She's best known for refusing to give up her bus seat to a white man, sparking the 1955–1956 Montgomery Bus Boycott that ultimately led to the end of public segregation in the South. Not only did she hold firm on that bus in Alabama—a radical act of rebellion at the time—she also stayed true to her goal of leading a life that minimized others' suffering by refusing to eat meat.

Dexter Scott King

Birthdate: January 30, 1961–Present
Atlanta, Georgia

Dexter Scott King is an activist, an author, and the younger son of famous civil rights leader Dr. Martin Luther King Jr. Today, King is the chair of The Martin Luther King Jr. Center for Nonviolent Social Change in Atlanta. He has also been a vegan since the early 1980s, when civil rights activist and comedian Dick Gregory introduced him to the lifestyle.

Alice Walker

Birthdate: February 9, 1944–Present
Putnam County, Georgia

Alice Walker is a civil rights activist and author—and the first African-American woman to win a Pulitzer Prize for Literature. She once said, “If I'm eating food I know was a creature in a cage, it brings up memories of segregation and the stories from my ancestors, of being in captivity and denied their personalities, their true beings. Animals were not made for us, or our use. They have their own use, which is just being who they are.”



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