

Meet Ingrid Newkirk

Ingrid Newkirk is the president of PETA, the world's largest animal rights organization. She started it more than 35 years ago. She has traveled around the world to talk to people about helping animals. Her hard work to make the world treat animals with kindness has inspired other people to help them, too.

Ingrid was born in Surrey, England. She lived in Europe until she was 7 years old, when her family moved to New Delhi, India. Her father worked as an engineer, and her mother did volunteer work with charities. Ingrid volunteered a lot, too, and she learned that we should help anyone in need, including animals.

After she grew up, she went to live in Maryland. Her neighbor moved away and left some kittens behind, so she took them to an animal shelter. Visiting the shelter made her want to do more for animals, and soon she started working there. She cleaned the kennels, and she also tried to save animals from cruel people. After she learned about other bad things that happen to animals, she decided to start PETA.

Ingrid and PETA have done so much to stop people from hurting animals. They have shown people what happens to animals inside laboratories and worked hard to make many cruel places close down. They have also saved lots of animals by helping people go vegan and by encouraging kindness in many other ways.

Ingrid has written a lot about helping animals, including a book called *50 Awesome Ways Kids Can Help Animals*. She also gives talks about animals, and a documentary was even made about her life.

Ingrid won't stop working to help animals until every one of them is treated well. She believes that animals are not for us to use, because their lives belong to them.

