



Danielle Esau

6 hrs · Paris, France · Edited · 🌐

At the gym this morning I was heavily questioned about why I am vegan. I honestly don't mind answering questions and I am more than happy to spread the vegan message but not when I am having to explain as if I have done something wrong. The explanations shouldn't have to lie with the people causing the least harm possible, the ones refraining from hurting innocent beings as much as humanly possible, the people who actually give a shit. You non-vegans are the ones who need to start explaining to vegans why you are so selfish, why you can't just change, why you are destroying the planet we all live on, why you are breaking apart families and taking lives and why you act as though using animals is like oxygen and you'll never be able to survive without it. This is on you. It's not on vegans to make you understand a simple matter...YOU DON'T NEED TO USE ANIMALS SO JUST STOP.

#youneedtostartexplaining!

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Daisy Welford-Ranson A little louder for the back!

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Danielle Esau 😊 xx

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Julia Banasik It's ridiculous how veganism is the thing that needs to be explained and justified - and it still gets mocked and violently opposed - while carnism is the "default" thing that doesn't need an explanation, because everyone already knows the reason for it: "yeah well I like bacon and cheese tho lol cuz my pleasure > animals' lives"

Like · Reply · 👍 10 · 5 hrs



Danielle Esau Perfectly put Julia, spot on!

Like · Reply · 4 hrs



Sandy Mitchell May I use that paragraph Julia?

Like · Reply · 5 hrs



↪ **Julia Banasik** replied · 3 Replies · 5 hrs



Mark Kiernan Veganism is the default position, people need to present reasonable arguments to support eating meat (there aren't any)

Like · Reply · 👍 4 · 5 hrs



Danielle Esau STILL waiting

