

Our Precious Liberties



Is what you put in your trolley a political act?



What are we going to learn?

Learning Objectives

1. To understand the precious liberties enjoyed by citizens of the United Kingdom.
2. To analyse whether our actions - what we buy, eat, engage with - are a form of active citizenship.

Key words

Precious liberties - our deeply held beliefs and freedoms as citizens.

Consumer choice - the choice we have over the products we buy.

Where might our precious liberties come from?



What might a precious liberty refer to?



Freedom of assembly



Freedom of belief



Freedom of choice



Freedom of speech



Freedom of movement

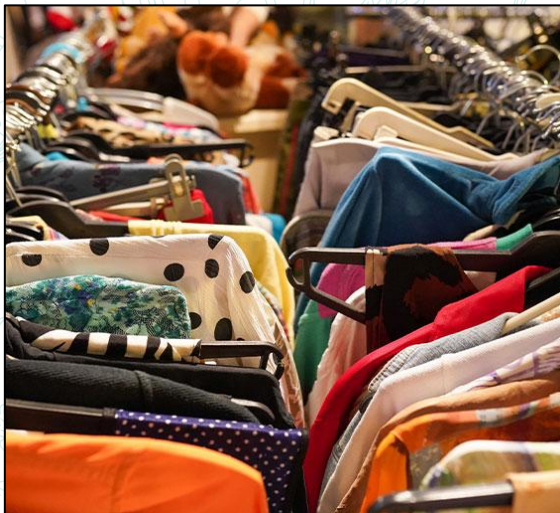


Freedom of association

What is consumer choice?



Choosing to buy fairtrade



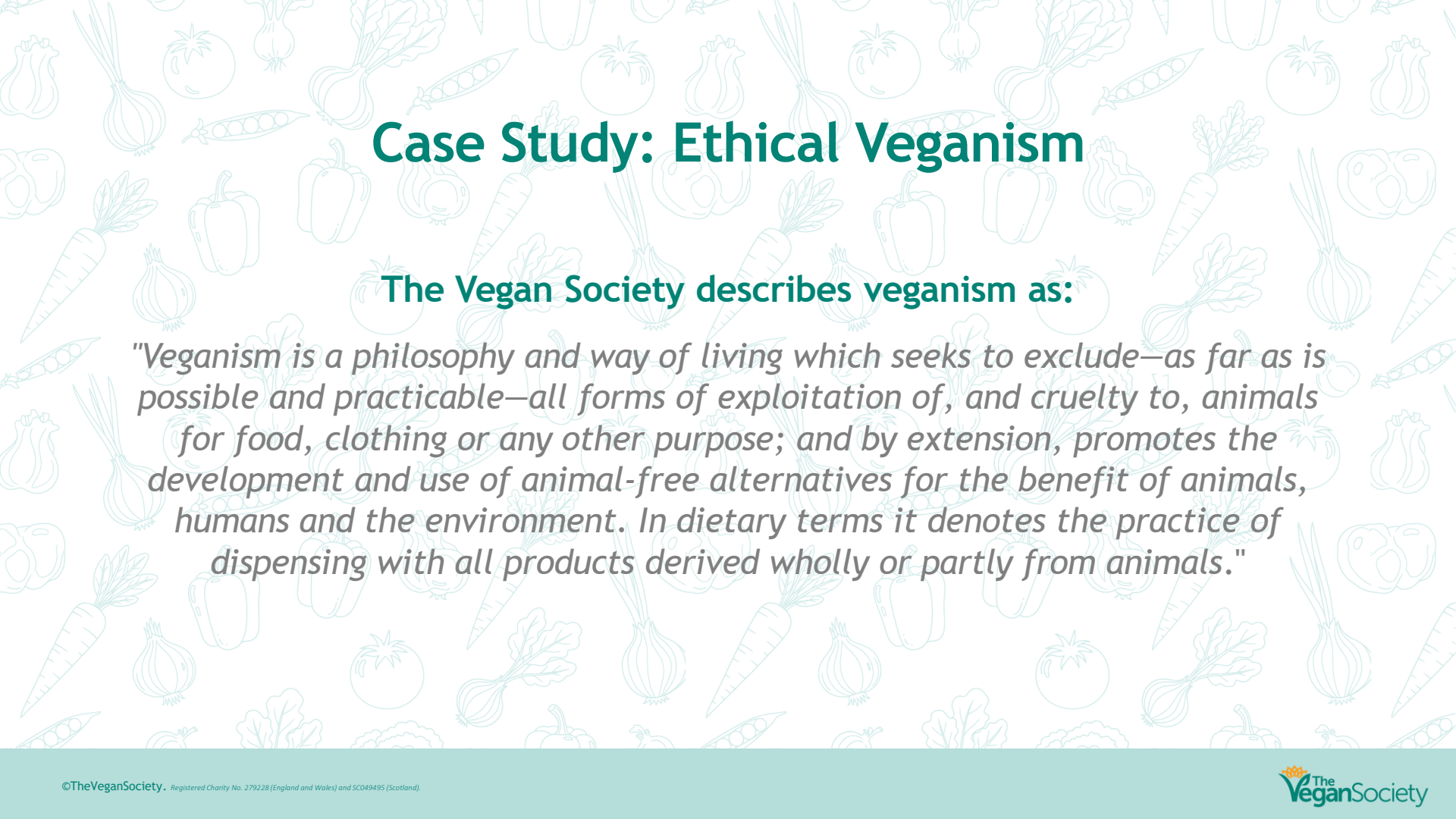
Choosing to buy
second-hand clothes



Choosing NOT to buy
something

Choices happen in both places!





Case Study: Ethical Veganism

The Vegan Society describes veganism as:

"Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

Case Study: Why do people choose veganism?

Sort through these cards into the following categories:

Environment



Health



Animal rights



All encompassing



Let's discuss, together!

Did you find any that didn't fit into a category?

Were there any that made you feel shocked, why?

Any you strongly agreed or disagreed with, why?

Which precious liberties did you come across while reading these cards?

Can you think of other choices we make relating to our precious liberties?

Some products are tested on animals which causes them harm and can kill them. I despise animal exploitation so I choose to buy vegan products – I'm using my freedom of choice to take a moral stand.	I don't want to eat processed meat which the World Health Organisation says can cause cancer.	Meat and dairy production creates as much greenhouse gas as all transport combined. Choosing plant-based food reduces my carbon footprint.	I feel healthier and have more energy since cutting out dairy. My body, my choice.
The law recognises that my ethical vegan beliefs can be as deeply held as religion is to others. The Equality Act 2010 means a school or employer cannot discriminate against me because of my beliefs.	I don't want animals to suffer for my food. Animals feel pain and fear, just like we do.	A well-planned vegan diet can meet all nutritional needs at every stage of life. I have the right to make informed decisions about what I eat.	If enough of us choose plant-based foods, businesses will change what they sell. What I buy is a way of voting for the kind of world I want to live in.
My religion or beliefs teach me to avoid causing harm to living creatures.	Veganism isn't a diet trend for me. It's a deeply held moral belief that shapes how I live every single day. I check every label (food, cleaning products, clothing). If something was tested on animals or contains animal products, I won't use it.	Future generations deserve a healthy planet. As a citizen, I feel responsible for the environmental impact of my choices. Meat and dairy production is a large cause of deforestation which harms the planet and means animals lose their natural habitat.	I would never visit a farm or zoo for entertainment. My leisure choices are part of my vegan values as I do not believe in animal exploitation in any form. It is my liberty to not attend a school trip to these places.
I choose to be vegan because it helps me feel my best.	The farming of animals requires huge amounts of land and water. These natural resources could be for humans or left alone for nature to thrive. Veganism is one way I can act on climate change.	At work, the law protects me from harassment because of my strong vegan beliefs. This can include behaviours that create an offensive environment like making 'jokes' because of my beliefs.	Keeping animals in factory farms is cruel. I believe that citizens have a responsibility and should not accept the abuse of living beings.

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Gallery Walk: Veganism as a Precious Liberty

Around the room are a number of posters and each shows a person's viewpoint on veganism. It is our precious liberty to choose what we buy, eat and engage with. Read the perspective respectfully, then add a sticky note response.

Green post-it - agree or add

Write something you agree with, or a point that adds to this perspective.

Yellow post-it - question or challenge

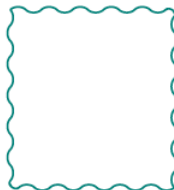
Write a question you'd want to ask this person, or a point you'd push back on.

Extension: read through the questions at the bottom of each poster, what do you think? Does it change your mind?

Exit card

Dear

Today I learned that...



The idea that surprised me the most was...

One question this lesson left me with is...

Writing to a friend?

Explain what precious liberty means and give one example. Your friend wasn't here - make it make sense to someone who knows nothing about today.

Writing to future you?

Tell yourself what surprised you most today. Has today sparked an interesting point that you would like to learn more about? If so, what is it? Might future you think about anything differently after today?