

# The five freedoms

The RSPCA believes that anyone responsible for looking after animals should try to give them the five freedoms. The five freedoms are considered aspirational, as they cannot always be achieved and maintained at all times. For example, an animal may need to feel hungry before it will eat. However, animal keepers should always aim to provide the five freedoms to their animals as far as possible. For more information about animals' needs see: [www.rspca.org.uk/animalcare](http://www.rspca.org.uk/animalcare)

## **1 Freedom from hunger and thirst –**

by providing enough fresh water and the right type and amount of food to keep them fit.

## **2 Freedom from discomfort –**

by making sure that animals have the right type of environment including shelter and somewhere comfortable to rest.

## **3 Freedom from pain, injury and disease –**

by preventing them from getting ill or injured and by making sure animals are diagnosed and treated rapidly if they do.

## **4 Freedom to behave normally –**

by making sure animals have enough space, proper facilities and the company of other animals of their own kind.

## **5 Freedom from fear and distress –**

by making sure their conditions and treatment avoid mental suffering.