

GENERATION V

The Complete Guide to Going, Being, and Staying Vegan as a Teenager

Claire Askew

Going vegan is the single most important thing you can do if you want to get serious about animal rights. Yet, going vegan isn't always easy when you're young. You're living under your parents' roof, you probably don't buy your own groceries, and your friends, family, and teachers might look at you like you're nuts. So, how do you do it?

In this essential guide for the curious, aspiring, and current teenage vegan, Claire Askew draws on her years of experience as a teenage vegan and provides the tools for going vegan and staying vegan as a teen. Full of advice, stories, tips, and resources, Claire covers topics like: how to go vegan and stay sane; how to tell your parents so they don't freak out; how to deal with friends who don't get it; how to eat and stay healthy as a vegan; how to get out of dissection assignments in school; and tons more. Whether you're a teenager who is thinking about going vegan or already vegan, this is the ultimate resource, written by someone like you, for you.

ABOUT THE AUTHOR

Claire Askew was born in 1990 and went vegan a few days after her fifteenth birthday. After growing up in the Midwest, she is currently studying English and gender at a small liberal arts college in Portland, OR. She has been featured in *VegNews* magazine, the *Vegetarian Journal*, the *Kansas City Star*, and several podcasts, as well as the 2009 edition of *Fiske Real College Essays That Work*. She plans on spending the rest of her life writing, and this is her first book.

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"An essential guide that covers all bases... this first effort is a welcome surprise"

—*VegNews*

"A book that is genuine and heartfelt while also being funny, personal, and theoretically rigorous"

—Bob Torres in the *Vegetarian Journal*

"This book is motivational, inspiring, resourceful and practical."

—*Herbivoreclothing.com*



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AS A TEENAGER

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