



# Pet ZONE

helping kids help pets

ISSUE 3

# EMPATHY

**WHAT DOES IT  
MEAN AND HOW  
DOES IT RELATE  
TO PETS?**

*Learn about the importance of empathy in your everyday life*

## WHO IS CARE?

A COMPLETELY VOLUNTEER RUN ORGANIZATION WITH NO GOVERNMENT FUNDING. WE WORK WITHIN THE



COMMUNITY TO END THE SUFFERING OF ANIMALS CAUSED BY PET OVER POPULATION BY OFFERING FREE SPAY AND NEUTER AND KNOWLEDGE ON BASIC ANIMAL WELFARE TO THOSE IN NEED. IT IS THROUGH AWARENESS, PREVENTION AND EDUCATION THAT TOGETHER WE CAN MAKE A DIFFERENCE.

## WHO IS

kidsCARE?



KIDSCARE AIMS TO EMPOWER KIDS TO MAKE A DIFFERENCE BY TEACHING HOW TO CARE FOR ALL LIVING THINGS. IT IS THROUGH EMPATHY AND EDUCATION WE CAN BRIGHTEN CAYMANS FUTURE FOR HUMANS AND ANIMALS ALIKE.

## WHAT IS PET ZONE?

THE KIDSCARE PROGRAM STARTED AS AN INTERACTIVE SCHOOL PRESENTATION TEACHING KIDS THE BASICS ON HOW TO CARE FOR THEIR PETS AS WELL AS EMPATHY TOWARDS ALL LIVING THINGS. PET ZONE IS ABOUT REACHING AS MANY KIDS AS POSSIBLE ACROSS THE ISLANDS TO SPREAD AWARENESS AND IMPROVE THE COMMUNITY WE LIVE IN.



IN  
THIS  
ISSUE



WHAT EXACTLY IS  
ANIMAL CRUELTY?

FIND OUT WHO ARE THIS  
ISSUE'S KIDSCARE HEROES!

BECOME AN  
OFFICIAL ANIMAL  
ADVOCATE

HOW  
CAN YOU  
HELP?

CAN YOU  
RECALL ALL 5  
FREEDOMS?

MEET TEDDY,  
THIS ISSUE'S PET  
HERO!

LEARN  
WHAT  
EMPATHY IS  
AND HOW IT  
HELPS YOUR  
COMMUNITY

LEARN  
SOME  
COMMON  
MEDICAL  
MYTHS  
ABOUT  
ANIMALS

This issue is dedicated to Annalise Claire Frederiksen Curtis. A kind, compassionate, funny and caring woman. She did everything she could to better the world around her, and the lives of people in it.

Be the change you wish to  
see  
in the world  
- Ghandi



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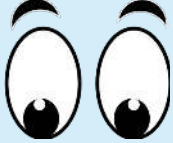


CONTACT US!

KIDS @ CAYMANCARE.KY

938-CARE (2273)



# WHAT EXACTLY IS EMPATHY?

Empathy is seeing through the  of another,  
listening with the  of another,  
and feeling with the  of another.

Empathy can first start with seeing through the eyes of your own species, humans! Have you ever heard of the saying "Do unto others as you would have them do unto you"? This means treat others as you would like to be treated.

Do you like it when a bully at school makes fun of you or hurts you? Probably not. This means that you shouldn't do this to other people because it will make them feel the same way.

This works the other way too. Do you like it when someone tells you that you are doing a good job, or that they like your new outfit? It probably makes you feel really nice!

Empathy takes a bit of practice, but once you start putting yourself in others' shoes, you start to do it naturally.

To be able to put yourself in someone else's shoes, you first have to be able to recognize how they are feeling. Use the pictures below to match the persons face with the emotion they are showing.  
Good luck!



**SCARED**

**HAPPY**

**PROUD**

**SHY**

**BORED**

**WORRIED**

**SAD**

**ANGRY**

**CONFUSED**

**EMBARRASSED**



# DO YOU REMEMBER THE 5 FREEDOMS?

In each issue we always talk about the 5 freedoms. This is because it is a very important part of understanding animal welfare! Take a look at the photos below and decide in which one the animal is getting their freedom met.

## FREEDOM FROM BEING UNCOMFORTABLE

The dog on the left is on a short chain with no shade or bed to lay in. The dog on the right is inside away from the hot sun on a big comfy bed. Which animal do you think is comfortable?



## FREEDOM FROM HUNGER AND THIRST

The puppy on the left has a full food and water dish and a huge smile! The dog on the right has no food and water and looks sad. Which photo shows the freedom from hunger and thirst?



## FREEDOM FROM PAIN INJURY AND DISEASE

The cat on the left has some injuries and looks like he is in a lot of pain. The cat on the right is being seen by a vet and is getting treatments to make sure he doesn't get sick. Which cat do you think is free from pain?



## FREEDOM FROM BEING SCARED

The dog on the left has an angry owner who is yelling at her for something she didn't even do. This makes her scared. The dog on the right had kids throwing rocks at her and her owner comes to her rescue and comforts her. Which dog is free from being scared?



The dog on the left is running around in an open field playing fetch, his favourite game! The dog on the right doesn't have any toys and can only move as far as his chain allows him. Which dog is more able to act like them self?



## FREEDOM TO ACT LIKE MYSELF



## USING THE 5 FREEDOMS TO MODEL EMPATHY

### FILL IN THE BLANKS!

Read each of the scenarios and fill in the blanks using the lines given

Happy he can act like himself.

Scared  
Comfortable

Hungry and Thirsty

Healthy and pain free

Rex is a playful dog who loves to play fetch and tug with his owner. His owner knows this about him and so gives him a lot of toys to play with. This must make Rex feel

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There are really loud fireworks and Max has no where to hide, he must feel

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Lola's owners bought her her own bed. She must be really

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Bella doesn't have anyone to take care of her and give her food and water everyday. She must feel

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Hank goes to the vet once a year to get his vaccines and to make sure he is OK. Hank must be

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# A DAY IN THEIR PAWS

Being able to put yourself in someone else's shoes is a really good skill to have! This allows us to have happier and safer communities where people treat each other with respect. You can learn not only to put yourself in the shoes of another, but try to put yourself in the paws of another. Read below to learn more.

## SEEING THROUGH THE EYES OF ANOTHER

Animals get scared when we yell or hit them; just like we do if someone yells at or hits us. If you see kids being mean to an animal try to put yourself in that animal's paws and stand up against the bullies.

It is not cool to hurt  
other living beings!



## LISTENING THROUGH THE EARS OF ANOTHER

Dogs can hear about 4 times better than humans can and cats can hear about 6 times better than humans. Think about how loud fireworks are for us, now imagine how your pet must feel! Next time you notice your pet is scared at a loud noise, think about how they must be feeling and try to come up with a way to make the situation better for them.



## FEELING WITH THE HEART OF ANOTHER

Imagine you were stuck in a small room all day, or told to stay in one spot when all your friends are playing around you. How is that similar to a dog that is chained? This little puppy is trying to learn about the world around him but his owner chained him on a tiny chain where he can't play, run around, meet other animals or lay comfortably.

If an animal is chained it is very important that they can still have the ability to run and play. It is also important that if the animal is threatened they have a way of escape.





# WHAT IS ANIMAL CRUELTY?

Animal cruelty is when someone hurts an animal or does not care for an animal responsibly, like not giving a dog or cat food and water. It is against the law to be cruel to or harm animals, even your own pets. It's also called animal abuse, or neglect.

Take a look at the photos below and put yourself in the person's shoes, then the animal's paws. See how each picture makes you feel, happy, sad, angry, scared, or hurt. It is really good to practice empathy so when you see someone or something being mistreated you can explain to the person that is mistreating why what they are doing is wrong.



VS.



Kept "out of sight, out of mind" in the back yard, chained dogs are often deprived of adequate food, water, shelter and veterinary care—in addition to having their emotional and social needs completely ignored. Imagine spending all day and night alone in a cell with no toys to play with or people to talk to. It wouldn't be much fun would it? Now look at the kids and the dog on the bottom half. Do they look like they are having fun? What sort of emotions would you say are going on in these 4 photos?



Declawing a cat is just like cutting a person's fingers off at the first knuckle.



VS.



Sometimes people decide to do something to their cat called de-clawing. Though this is legal (OK by law) it is really painful for the cat. Imagine having the top part of your fingers surgically taken off and not being able to scratch an itchy arm. Cats are meant to scratch and it is a much better choice to give them a scratching post or scratch pad and keep their nails trimmed to make sure the owners and the cat are both happy.



VS.



Look at the top two pictures. There is a lot of anger, abuse, and fear. How do you think the boy in the green shirt is feeling? Now look at the roosters, you can see that humans are forcing them to fight. How do you think they feel about that? In the wild those roosters would probably just ignore each other unless they were fighting over a female. It is not nice to force people or animals to be mean to each other.



It is much nicer if people encourage you rather than yell at you or put you down. Animals feel the same way! If you are trying to get your pet to do something don't tell them what *not* to do, tell them what to do. Build them up just like you would like to be!



VS.



VS.



Now look at the photos on the bottom. How do they look? Some emotions that you may see are happy, excited, relaxed, and healthy. Would you rather be in the top pictures or the bottom pictures?



If you hurt yourself you would probably want a parent or adult around to make sure you are OK, or take you to the doctors if you needed to go. The poor dog on the top is covered with fleas and needs help to get better. Pets need us to take them to the vet just like kids need their parents to take them to the doctor. It feels a lot nicer when you have a loving family to make sure you are healthy and happy and a pet feels a lot better when they are healthy and happy.





# MYTHBUSTING WITH DR. JOYCE

## 12 MOST COMMON MEDICAL MYTHS IN CAYMAN



**DIESEL**

**You can use diesel gas to treat for skin disease, specifically mites, fleas, and ticks.**

This is not an appropriate treatment and it does not work. The diesel gas can cause skin burns, infections, and the toxic chemicals can be absorbed through the animal's skin and harm their internal organs. Take your animal to the veterinarian if they have any skin diseases.



**Using Purple spray for everything**

Purple spray is used to treat skin disease in animals. It does contain ingredients to fight germs, such as bacterial and fungi. It also has a protecting agent to prevent more dirt and bugs to get into the skin wound. It is approved for use in the treatment of minor cuts, scratches in horses and mules. But be careful when using it on small animals, as they can lick their wounds easily. Please also see a veterinarian so that you know the cause of skin disease before putting this medication on. This spray should not be used on any other diseases your pet may have.



**You should use Bleach if your pet has a skin disease**

Bleach is too strong to use on animals skin, especially if they have skin disease. Bleach can actually burn the skin and cause dermatitis (inflammation of the skin). It is used in very rare cases of very bad bacterial infections, only at a specific dilution, and ONLY when prescribed by a veterinarian. You should consult your veterinarian for other options of treatment for your animal's skin disease that will not hurt them.



**Grass for an upset stomach**

Dogs and cats that commonly eat grass outside may have an upset stomach, they could be sick, they could have missing nutrients in their diet, they could be hungry, or they could be just bored... we don't know for sure. While any of these can be true, we shouldn't let them eat large amounts of grass. Dogs and cats are not able to digest grass like cow and horses do, so large amounts of grass can cause vomiting, upset stomach, or stomach blockages. Please see your veterinarian if your pet is feeling sick.



**Giving your pet coffee if it has been poisoned**

Coffee is very toxic in animals due to the caffeine and should not be used as a treatment for any poisons. The caffeine causes a range of symptoms such as, hyperactivity, restlessness, vomiting, an elevated heart rate, hypertension (elevated blood pressure), abnormal heart rhythms, tremors, hyperthermia (elevated body temperature), seizures, collapse and death may be seen. Please do not feed coffee to your pet, visit your nearest veterinarian if your dog has eaten poison.



**Giving Bissy tea if your pet has been poisoned**

Bissy Tea, or Cola Nut, is a Jamaican herb used to help treat many different pains and symptoms in people. While there is not a lot of research on this herb in animals, I recommend seeing a veterinarian if your pet has been poisoned to also receive further treatments.



**You should feed your pet garlic for worm infections**

This is not an appropriate treatment for worms in animals. In fact, specific types of garlic and onions can be toxic in animals, causing vomiting, diarrhea, or life threatening blood disorders. It is safest to keep all garlic and onion away from dogs and cats. Take your animal to the veterinarian if your pet is showing signs of worms.



**You can use burnt oil for ticks or mange**

This is not an appropriate treatment and it does not work. The burnt oil can cause skin burns, infections, and the toxic chemicals can be absorbed through the animal's skin and harm their internal organs. Take your animal to the veterinarian if they have any skin diseases, ticks, or fleas.



**Salt water gets rid of fleas**

While bathing your pet helps decrease the amount of fleas on their body, this will not prevent more fleas from jumping on your animal. Please see a veterinarian for the most appropriate treatment for fleas if your animal is infected.



**Canned dog food causes heartworm disease**

People believe that feeding canned dog food may cause heartworm disease and this is not true. The only cause of heartworm disease is the mosquitoes that bite your pet, putting heartworm larvae in your pet's bloodstream. All pets should be on heartworm prevention every month to prevent heartworm disease, please ask your veterinarian for the best product.



**Letting a dog go through one heat cycle is good for their health**

There is no health benefit for a female animal to go through a heat cycle. Female dogs and cats should be spayed before their first heat to prevent breast cancer in the future.



**Dust/shaving from sharpening machetes, should be fed to dogs to prevent pregnancy**

Feeding the dust from sharpening machetes to animals will not prevent pregnancy, in fact it can cause an upset stomach. The only way to prevent pregnancy is by spaying or neutering your pet.

# WHY ARE PEOPLE CRUEL TO ANIMALS?

SOMETIMES IT IS SIMPLY THAT PEOPLE DO NOT UNDERSTAND THAT WHAT THEY ARE DOING TO AN ANIMAL IS CAUSING THE ANIMAL PAIN. OTHER TIMES PEOPLE WHO HAVE BEEN ABUSED THEMSELVES WILL BE CRUEL TO ANIMALS BECAUSE THEY THINK THAT IS THE WAY THEY SHOULD TREAT OTHERS.



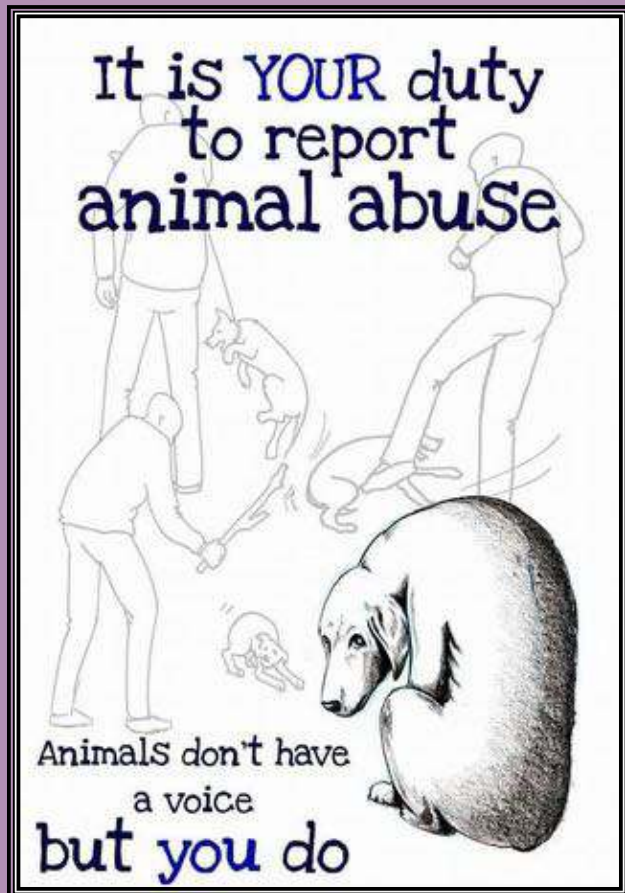
**E - EVERYBODY NEEDS SOMEBODY**  
**M - MODEL - BE A ROLE MODEL**  
**P - PUT YOURSELF IN THEIR SHOES**  
**A - ASK IF YOU CAN HELP**  
**T - TREAT OTHERS THE WAY YOU WANT TO BE TREATED**  
**H - HURTFUL OR HELPFUL - YOU DECIDE**  
**Y - YOU FEEL BETTER AND THEY FEEL BETTER - WIN WIN!**



## EMPATHY WORD SEARCH



LOVE      HERO      UPSET  
KINDNESS   CARING   FREEDOM  
RESPECT   FEELING   EMPATHY  
HELPFUL   HAPPY   SAD  
ENCOURAGE   ANGRY



### WHY SHOULD I REPORT ANIMAL ABUSE?

PEOPLE WHO ABUSE ANIMALS ARE MORE LIKELY TO HURT OTHER PEOPLE. THIS IS WHY IT IS SO IMPORTANT TO REPORT ANIMAL ABUSE.

NOT ONLY WILL YOU HELP THE ANIMAL YOU WILL ALSO BE HELPING TO MAKE THE COMMUNITY BECOME A SAFER PLACE.



# WHAT YOU CAN DO TO HELP



## WHAT SHOULD YOU DO ABOUT IT?

ANIMAL CRUELTY IS A SERIOUS PROBLEM. IF YOU SEE AN ANIMAL BEING HURT REMEMBER THAT YOU CAN HELP SPEAK UP FOR THAT ANIMAL. DEPENDING ON THE SITUATION THERE ARE DIFFERENT WAYS YOU CAN HELP. KEEP THESE THREE RULES IN MIND:

**DON'T TOUCH.** NEVER TRY TO STOP A PERSON HURTING AN ANIMAL BY YOURSELF OR TRY TO HELP AN ANIMAL WHO IS HURT. EVEN THOUGH BOTH SITUATIONS CAN BE UPSETTING, THEY CAN PUT YOU IN DANGER.

**GET AN ADULT.** FIND HELP FROM SOMEONE LIKE YOUR MOM, DAD, TEACHER, OR TRUSTED NEIGHBOR. TELL THEM WHAT YOU SAW AND TOGETHER, FIND HELP.

**CALL FOR HELP:** IF YOU WITNESS ANIMAL ABUSE, HAVE YOUR PARENT OR GUARDIAN CALL 911 BECAUSE IT IS AN EMERGENCY. IF YOU NOTICE AN ANIMAL NOT BEING CARED FOR PROPERLY, YOUR PARENT OR GUARDIAN SHOULD CALL THE DEPARTMENT OF AGRICULTURE AT 947-3090 OR THE CAYMAN ISLANDS HUMANE SOCIETY AT 949-1461

*"It takes nothing away from a human to be kind to an animal."*



## LEAD BY EXAMPLE

THIS IS THE MOST POWERFUL TOOL YOU'VE GOT. ALWAYS DEMONSTRATE KINDNESS AND COMPASSION TOWARD ANIMALS THROUGH YOUR OWN ACTIONS.

**YOU can make a difference!** Ask your teacher or parents to help you write a letter to government officials to make stronger animal cruelty laws and to enforce the existing ones. Take a look at a few examples below...

DEAR PREMIER,

ANIMAL CRUELTY IS AN IMMENSE PROBLEM IN CAYMAN, AND IT MUST STOP. ANIMAL CRUELTY IS WHEN SOMEONE HURTS AN ANIMAL OR DOES NOT CARE FOR AN ANIMAL RESPONSIBLY, LIKE NOT GIVING A DOG OR CAT FOOD AND WATER.

SOME MAY THINK THAT DOGS, CATS AND OTHER ANIMALS DON'T MATTER, AND THAT WE SHOULDN'T WASTE OUR TIME SAVING THEM.

ALL ANIMALS ARE CREATURES OF GOD.

THANK YOU

DEAR PREMIER,

IT IS VERY COSTLY TO TREAT ALL THE HURT AND SICK ANIMALS THAT ROAM THE STREETS IN CAYMAN. WHY SPEND SO MUCH MONEY ON VETERINARY CARE, WHEN ABUSE COULD BE STOPPED ALTOGETHER? AS THE PREMIER, YOU COULD GIVE SPEECHES TO EDUCATE THE PUBLIC ON THE PROBLEM AND ENSURE THAT THE ANIMAL LAWS ARE ENFORCED.

IF THERE ARE FEWER PEOPLE ABUSING ANIMALS, FEWER ANIMALS WILL BE WANDERING THE STREETS, JUST LOOKING FOR A GOOD HOME AND VETERINARY CARE. I BELIEVE THAT YOU COULD HELP!

THANK YOU





## YMCA SUMMER CAMP

We are grateful for the partnership between our kidsCARE education team and the YMCA of the Cayman Islands. We work with the Teen Leaders and Counselors-in-Training (CIT) programs during Y day camps. These programs reinforce core values and leadership skills. The program fosters a positive sense of identity, values, and confidence amongst participants. This group of CITs were able to spend some time with our team at the Humane Society. They participated in making toys for the cats that are available for adoption and walking the dogs that are awaiting forever homes.



### OATH TO ANIMALS

I LOVE ANIMALS,  
THEY ARE SO CUTE

I LOVE TO PLAY WITH THEM,  
THEY'RE SUCH A HOOT!

BUT NOT EVERYONE LOVES  
THEM AS MUCH AS ME

SOME LEAVE THEM TIED UP  
AND COVERED WITH FLEAS

LITTLE DO OTHERS KNOW,  
THERE'S SOMETHING WE CAN  
DO

WE CAN CHOOSE TO BE THEIR  
VOICE, START TO SEE THINGS  
FROM THEIR VIEW

SEE ANIMALS CAN'T SPEAK UP  
LIKE HUMANS CAN

WE NEED TO STAND UP FOR  
THEM AND TREAT THEM LIKE  
OUR FELLOW MAN

IF YOU EVER SEE AN ANIMAL  
THAT SEEMS TO BE UPSET,

SPEAK UP AND SAY  
SOMETHING, LET'S PROTECT  
OUR PETS!

ANIMALS DESERVE TO BE  
LOVED AND CARED FOR JUST  
LIKE YOU

THINK ABOUT HOW THEY FEEL,  
PUT YOURSELF IN THEIR  
SHOES

THEY FEEL EMOTIONS AND  
PAIN JUST LIKE US

IF YOU SEE AN ANIMAL  
HURTING DON'T BE AFRAID TO  
MAKE A FUSS

THEY DESERVE TO BE HAPPY  
HEALTHY AND PROTECTED

NEXT TIME YOU SEE YOUR  
PET, THINK ABOUT HOW THEY  
ARE AFFECTED.

### SEBASTIAN MCLEAN QUINTERO

Sebastian has attended a few of our kidsCARE education sessions through summer camps and we could not be more impressed with the kindness in his heart for all things animal related. Sebastian already has a great deal of knowledge about animals and their needs, but is always interested to learn more. Sebastian has a very positive influence on the other students around him by sharing his own knowledge about animals with the students. Kudos to Sebastian's parents for raising such a kind, warm, caring and respectful young man.



### MAX AND ZANE LAWRENCE

Max and Zane are huge animal lovers and are always helping with CARE's programs. From attending the grassroots clinics, to assisting with our spay and neuter program, both boys have a very natural affinity with animals and our community dogs just love them. Their family recently adopted another dog, Luna, into their pack and as you can see by the photo on the left, she is loving every minute with the boys. Thank you Max and Zane for being such wonderful animal advocates!



# THIS ISSUE'S PET HERO! TEDDY'S STORY



Sadly, Teddy had been roaming around the streets for 5 months, with no home, and was too afraid to come near people for assistance. Unfortunately, someone who once owned him had placed a collar on him when he was very young, but it was never adjusted.

As Teddy grew, the collar around his neck became very tight. It started cutting into his neck, causing pain. Thankfully, CARE came to the rescue and in doing so, saved his life.



Teddy was rushed to the vet, where Dr John did a wonderful job closing up the large wound. Teddy is an example of where a puppy is discarded and thrown out like an old toy, because they are not interesting enough, or their owner doesn't have enough time. Poor Teddy not only suffered physically with the painful neck injury, but due to the lack of care and neglect, was extremely shy and fearful of people. Thankfully, Teddy has been adopted by a very loving and patient family. They have given him time to adjust to his new life, allowing him to enjoy being loved and cared for in a family environment. The sort of life every dog deserves.



**REMEMBER, PETS ARE NOT DISPOSABLE. ADJUST YOUR GROWING PET'S COLLAR REGULARLY, YOU SHOULD BE ABLE TO FIT AT LEAST TWO FINGERS UNDERNEATH.**



MY NAME IS \_\_\_\_\_  
AND I HAVE MADE A PROMISE TO BE KIND TO ANIMALS. THIS MEANS I WILL  
BE KIND TO ALL LIVING THINGS, I WILL TEACH OTHERS HOW TO BE KIND, AND  
I WILL STAND UP FOR LIVING THINGS WHEN THEY CAN'T DO IT THEMSELVES.





## HOW CAN YOU BECOME OUR NEXT KIDSCARE HERO?

**Love Animals?** Then check out what CARE does and what different animals need, and discover ways you can make a better world for them!

We want to hear about what you have been doing to better the lives of animals around you.

This could be doing something a previous kidsCARE hero did, holding a fund raiser to raise money for an animal charity, educating your friends and family about animal welfare or anything else you can think of!

If you think you have what it takes, please send a short write up to [kids@caymancare.ky](mailto:kids@caymancare.ky) about what you did and/or are doing to improve the community for animals around you. We would love to see some pictures as well. The most influential kids will become our next heroes!

### SOME IDEAS OF WHAT YOU CAN DO

- Be kind to animals
- Tell someone if you see an animal not being treated kindly
- Make sure your animals have all the 5 freedoms
- Hold a fund raiser to raise funds and awareness for animals
- Get crafty and make homemade pet toys
- Write a letter to your local government representative to ask for changes to help the lives of animals

**A BIG THANK YOU ONCE AGAIN TO DR. JOYCE AND ISLAND VETERINARY SERVICES FOR PROVIDING ALL THE MEDICAL INFORMATION TO MAKE THIS ISSUE POSSIBLE!**



**THANK YOU TO THIS ISSUE'S SPONSOR'S:**

**Ogier**  
**Premier**  
**[1er] CREW**

**AT THE BEACH**  
1 WESTSHORE PLAZA

A photograph of a golden retriever puppy lying in green grass next to a small, dark-colored dog. The puppy is looking towards the camera.

**OFFICIAL ANIMAL LOVER  
AND PROTECTOR**