





Polar Bears



Quick Facts

- In the wild, polar bears can live up to 25 years.
- A female polar bear usually gives birth to twin cubs, who stay with her for about two years.
- Their fur appears white to help them blend in with their surroundings, but it's actually colorless.

Problem: Climate Crisis

Polar bears are a vulnerable species, which means that their population has gotten smaller. Their habitat is getting warmer because of the climate crisis—which will make it hard for them to survive in the future.

How You Can Help

The best way to help polar bears is by eating only vegan foods. Growing plants for food is better for the environment than raising animals for food, so it's a compassionate choice that will help wild animals.

Orcas



Quick Facts

- In nature, orcas typically spend their entire lives with their families in groups called "pods," and female orcas can live to be 80 years old.
- They can swim up to 140 miles a day.
- They use a special ability called "echolocation" to navigate and to communicate with each other.

Problem: Marine Parks

Orcas imprisoned at marine parks like SeaWorld are confined to cramped tanks, forced to entertain humans, and deprived of nearly everything that's natural and important to them. More than 40 orcas have died at SeaWorld, many prematurely.

How You Can Help

Stand up for orcas by refusing to visit marine parks like SeaWorld. You can also write letters to the park officials and ask them to release the orcas to seaside sanctuaries, which are safe, sheltered areas near the ocean that are similar to their natural habitat and will give them some freedom.

Arctic Foxes



Quick Facts

- Arctic foxes have fur that changes color with the seasons to help them blend in with their surroundings. In the summer, it's brownish gray, but in the winter, it's white.
- They mate for life, and both parents help care for their young.
- They're very smart—sometimes they even eat other animals' leftovers when food is scarce.

Problem: Fur Farms

On fur farms, arctic foxes are kept in small, filthy wire cages for their entire lives and then killed for their fur. In nature, they are often caught in traps that crush their legs. They can't escape, so they suffer until they die from their injuries or trappers come and kill them for their fur.

How You Can Help

You can help these beautiful animals by pledging never to buy or wear fur and asking your friends and family to do the same.

Alaskan Huskies



Quick Facts

- Alaskan huskies are extremely loyal companions who love their families they are just like the dogs you and your friends may share your homes with.
- They're also very energetic and need lots of room to explore and run.
- Although they look like wolves, they're really domesticated dogs who rely on their human guardians—but they do howl like wolves.

Problem: Dog Sled Races

Unfortunately, some humans still use huskies to make money in sled races like the Iditarod. In this cruel event, the dogs are forced to run about 1,000 miles while pulling heavy sleds. In addition, dogs used for sledding spend most of their lives chained up outside with little to no shelter.

How You Can Help

Tell others that dog sled racing is cruel, and write to the sponsors of these races asking them to cut off their support.

Harp Seals



Quick Facts

- Mother seals and their babies form a very strong bond and recognize each other by the sounds they make and the way they smell.
- Female seals nurse their newborn pups for a few days before going out to sea to feed, leaving the babies in a protected area for three to five days. When the mothers return, each one calls her pup with a specific bark—and they answer!

Problem: Fur Trade

When harp seal pups are just a few weeks old, they lose their white baby fur—and once this happens, sealers in Canada are allowed to kill and skin them for fur coats and accessories.

How You Can Help

Write a letter to Canada's prime minister, asking him to end the commercial seal slaughter.

Polar Pop Quiz

Which animal are you the most similar to? Why?

What's one thing that you will do to help Arctic animals?

Which animal fact is the most interesting to you? Why?

