

What does 'We Are All Animals' mean?

Take a moment to think about all the animals you know, the dogs, cats, birds, elephants, even tiny insects. Have you ever considered that humans are animals too? Just like animals, we need food, water, air, shelter and sleep to stay healthy. Our bodies are made up of tiny building blocks called cells, and we all have organs like hearts, lungs, and brains that help us live. 'We Are All Animals'.

I bet if you were asked what you thought the main difference is between humans and animals you would say it is that we can talk, and animals don't. However, that just isn't true. Whales are known for their beautiful songs, which they use to communicate with each other. Chickens have clever ways of communicating, and they appear to use twenty four different sounds that mean different things. How cool is that?

But there's something even more exciting - humans and animals are connected in ways that help us keep each other healthy and treat diseases. This is where One Medicine comes in!

What is One Medicine?

One Medicine is when scientists, doctors, vets and healthcare professionals all work together to study how diseases affect both humans and animals. Once this is known and treatments are discovered, this information should be shared for the equal benefit of humans and animals, which sadly it isn't always at the moment. It is all about teamwork to keep everyone healthy and treat their illnesses as effectively as possible.

Here is a real-life example of One Medicine in action:

Dogs and Heart Health:

Scientists have learned about heart problems in humans by studying it in dogs, because humans and dogs suffer from many similar heart conditions. This research helps doctors make medicines suitable for all animals.



What do we have in common with animals? (The answer is lots!)

Think about your body for a moment:

- **Bones and Muscles:** Did you know that your skeleton is a lot like a cat or a dogs? You all have bones and muscles that let you move, jump, and play. Did you know that the bones in a bat's wing form five digits, very much like the finger and thumb bones in your hands.
- **Breathing:** You and animals breathe air into your lungs.
- **Senses:** We all have senses that help us navigate through the world.
- **Feelings:** Animals feel happy, sad, scared, and excited, just like you do. If you've ever shared your life with an animal, you've probably noticed this!

When we understand how our bodies are similar, it's easier to see how 'We Are All Animals'.

Time to get creative!

We want you to use your imagination to explore how humans and animals are connected. Here are some ideas to get you started:

- **Draw It** - Can you draw a picture of you and your favourite animal doing something that shows how you're alike, physically or in your emotions?
- **Write It** - Imagine you're a scientist, vet, doctor or inventor. What problem would you solve to help both humans and animals? Write a story about how you'd make a difference.
- **Make It** - Create a poster or artwork showing how We Are All Animals, or how One Medicine benefits all species.

Things to think about

As you get creative, think about these questions:

- What do humans and animals have in common?
- How can learning about animals help humans and how can learning about humans help animals?
- Why is it important to look after animals and their health?

Remember: By working together, all health professionals can make the world a better place for everyone. You're part of that story too, so let's see your ideas!