

Factsheet – 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. [Read more information.](#)



Freedom from hunger and thirst

Animals should have access to fresh water all the time and the right type and amount of food to keep them fit.



Freedom from discomfort

Animals should have the right type of home, including shelter and somewhere comfortable to rest.



Freedom from pain, injury or disease

Animals should always be fit and well and should be treated by a vet if they are sick or injured.



Freedom to express normal behaviour

Animals should have enough space, proper facilities and the company of other animals of their own kind.



Freedom from fear or distress

By making sure the animals' conditions and treatment avoid mental suffering.