# Long image description for “Veg\*ns share experiences of being rejected, mocked or dismissed for their veg\*nism.”

The image shows five testimonials from vegans (and one vegetarian) across three studies.

Excerpt One is from Kelly Guerin’s Thesis “Where's the Beef? (With Vegans): A Qualitative Study of Vegan-Omnivore Conflict” :

“I expected my friends and family would mock me as they had…when I became vegetarian. What I did not expect was the hostility I faced and the almost daily confrontations in which I found myself forced to engage. I was called “freak”, “naïve”, and was even told by one roommate “you should just do the world a favor and kill yourself’”

Excerpt Two is from “‘Actually, I Don’t Eat Meat’: A Multiple-Goals Perspective of Communication About Vegetarianism.” By Lynsey Kluever Romo and Erin Donovan-Kicken:

“Vijay, 42, a lifelong vegetarian, said, ‘‘no one really likes to stand out as somebody different.’’ This was in part because participants reported that once meat eaters realized they were vegetarians, they were sometimes openly mocked. As Rob explained, there is an ‘‘undercurrent of making fun of vegetarians’’ in society”

Excerpts Three through Five are all from the study "Vegan Killjoys at the Table—Contesting Happiness and Negotiating Relationships with Food Practices." by Richard Twine:

Excerpt Three: “Most people were quite negative, constantly asking why and that was just annoying after so many times... Mostly school friends were shocked, they used to shove ham sandwiches in my face which was just odd.”—Alexandra

Excerpt Four: “My best mate told me that he’d never cook for me again, that I was being really ridiculous, over the top, couldn’t believe that I was doing it. I’d never be invited to dinner parties again. And just went mental about it. He just thought it was like massively extreme.” —Emily

Excerpt Five: “Family totally took the mickey and they were actually quite nasty at times. And they still say stuff like “just have a steak, just have a steak”. They are not very sensitive at all. For a while they thought it was some kind of hipster thing that I was doing, some sort of trend. And they thought ‘oh, you’ll be over it in a week’.”—Bob

Image Source: From the section “[Vegans Want to Be Judged for Who They Are, Not Who People Think They Are](https://bitesizevegan.org/why-vegans-self-silence/#vegansdontwanttoberejected)” on the article “[Why Vegans WON’T Tell You They’re Vegan: The Other Side of Vegan Stigma](https://bitesizevegan.org/why-vegans-self-silence/)”