

MINDFUL Birding®

Ethical Guidelines at
mindfulbirding.org

1. Birds Know When You're Around!

2. Migrants are exhausted.
Let them rest and eat.

3. Repeated audio playback distresses birds.
Please refrain.

4. Park lawfully to view birds.

5. Lasers disorient birds, try pointing at their tree instead.

6. Outdoor cats kill over two billion birds every year.

7. How aware are you of the “bird” in birding?

A sequence to consider: (1) The bird is behaving normally. (2) The bird notices you. (3) The bird tries to get more info about whether you're a threat. (4) The bird gets ready to depart. (5) The bird departs.

8. Disturbance can keep birds from their nests, leaving chicks hungry or enabling predators to take eggs or young.

9. Untreated windows kill a billion birds every year.

10. Birds stretch and so should you!

11. 47 million birdwatchers can donate more for habitat protection.

12. Have fun out there!