

**Title:** How Cannibalism Shaped Humanity  
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Cannibalism has been a cultural taboo in every society for centuries. The purpose of this research project is to explore why cannibalism became a cultural taboo despite the mounting evidence demonstrating its benefits for human survival. This evidence lies in our very DNA and in the fossils of our ancestors. Through my research, I discovered that cannibalism runs a lot deeper than Jeffrey Dahmer and the Aztec Empire's human sacrifices. As one of the most misunderstood and shunned topics, the wealth of knowledge surrounding cannibalism is not commonly known. Not only was I able to uncover an abundance of research proving that cannibalism existed on almost every continent for centuries, but this research implies that this practice was advantageous in evolving biologically and culturally. I aim to change the existing stereotypes and cultural narratives surrounding cannibalism and present reasons why cannibalism has actually helped shape humanity for the better. This presentation will focus primarily on ritualistic, survival, and nutritional cannibalism as these are the most relevant categories in human history. Cannibalism lies in the history of almost every human civilization since the beginning of time.

## Works Cited

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