

I  MY BODY  
MY RIGHTS

**MY BODY, MY  
RIGHTS**

**Introduction**

**AMNESTY  
INTERNATIONAL**



# What's inside?

- What is the My body, my rights campaign?
- Important facts and stats
- Real lives, real stories
- How can I get involved?
- Taking action
- Spreading the word
- Who can I contact for more information?



# What is the **My Body, My Rights** campaign?

We call on world leaders to **protect sexual and reproductive rights** now and for the next generation of young people.

We call on young people across the globe and Amnesty activists to engage, alongside international partners, to speak out and demand that the sexual and reproductive rights of young people are protected, respected and fulfilled!

**SEXUAL AND REPRODUCTIVE  
RIGHTS ARE HUMAN RIGHTS**

**AMNESTY  
INTERNATIONAL**



# Important Facts and Stats

- **Almost 90% of young people live in developing countries**, where they tend to make up a large proportion of the population.
- According to UN estimates, the vast majority of adolescents and young people still **do not have access to the comprehensive sexual and reproductive health services and education** that they need for a healthy life.
- Nearly **3,000 young people are infected with HIV every day**, yet only 34% of young people in developing countries can answer the five basic questions about HIV and how to prevent it.
- Due to child marriage, unsafe and unprotected sex and inadequate care during pregnancy, **maternal deaths are 28% higher among adolescents** than among those aged 20-24

# Important Facts and Stats

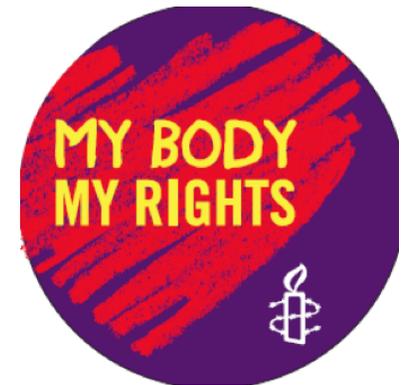
- **Child marriage is still widespread**, especially in least developed countries, where 30% of women aged 15-19 are married. If present patterns continue, in the next decade around 100 million girls will be married as children.
- **Complications from pregnancy** are the leading cause of death among adolescent girls aged 15 to 19 in developing countries.
- In 2008, there were an **estimated 3 million unsafe abortions** in developing countries among girls aged 15-19.
- An in-depth study of four sub-Saharan African countries found that more than **60% of adolescents did not know how to prevent pregnancy** and more than 1/3 didn't know of a source for contraceptives.

# Real Lives, Real Stories

**ZT**

mother of three, South Africa

...When she tried to ask the father of her two youngest children to use condoms, he would not agree to this and “overpowered” her. He would also accuse her of “running around” when he was not staying with her. He shouted similar accusations at her, including accusing her of being a prostitute, when she told him during her pregnancy with her second child that she had tested positive.



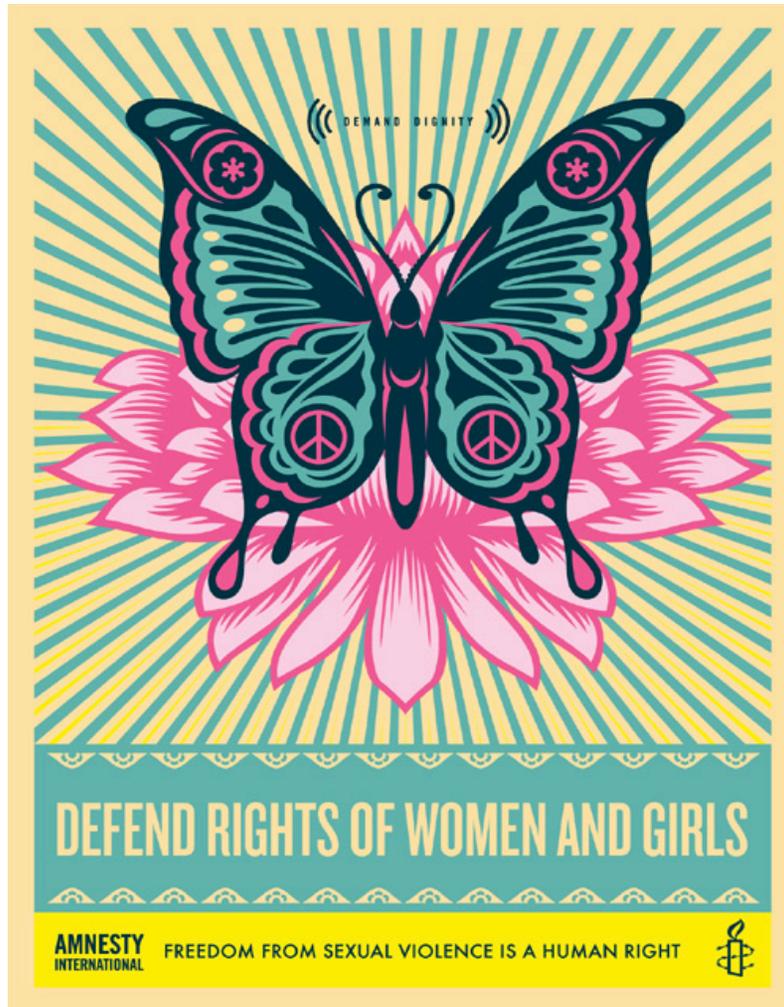


**Age 10, Linda from Nicaragua was sexually abused by a priest. “No one believed me. Instead, they said ‘Why are you saying these things?’” Parents and carers aren’t given the information they need to protect or support children effectively - and young people can’t count on the information they need to keep themselves safe.**

© Amnesty International

# Clara

youth rights promoter, Nicaragua



“I demand that governments respect our rights as women. We are girls and we have rights, and so long as they do not respect these rights, we will continue to fight to demand them.”



Fondo Centraamericano de Mujeres (FCAM)

**Ramatoulaye from Burkina Faso had her first child age 12. In her fourth pregnancy her health centre was 12km away across the deep Nakambe river. “We looked for the boatman but he was not there. I gave birth alone on the banks of the river.” © Anna Kari**



# 18-year old girl from Nicaragua

who had to continue with her pregnancy as a result of rape because of the total ban on abortion in the country



“I’ve felt like killing myself many times – the trial was like a ten month-long nightmare. I had to see him again, and seeing him again meant having a relapse over and over again. I felt like I was dying slowly, slowly, slowly...When the case fell apart, I was hysterical. My mother took it really badly as well, she knew that I wasn’t the guilty one. As well as everything else, I had a baby by him who I had to accept. What happened to me shattered my dreams, my hopes – I wanted to be someone who worked outside the home but I spend all day at home looking after the baby...I can’t even sleep and I feel very unsafe, many of my days are a nightmare, it’s very hard to carry on and I feel very sad and very tired. I ask myself, why did these things happen to me?”

Women wait in the corridor at Yalgado Hospital, Ouagadougou, Burkina Faso. “The hospital, it is like a chamber of commerce. If you are poor, you are “left”; if you can pay, you are treated,” said Mahmoudou. His sister died in childbirth. © Anna Kari



# Yolanda Solier Taipe

33 years old, Peru

“The greatest difficulty I have is the distance between my house and the health post. I’ve got to walk up the mountain to go to my pregnancy check up. Another difficulty is that I can’t move fast... that’s my difficulty, as well as the fact that my house is not near a road and I have to walk a lot. I would ask you to support us in the construction of roads and send this request to our authorities.



**A pregnant woman sits outside a community health centre in Jakarta, Indonesia.**

**“It is not possible to access family planning services without a marriage certificate,” said Lila, a 23-year-old domestic worker in West Java.**

© Amnesty International



# Marta

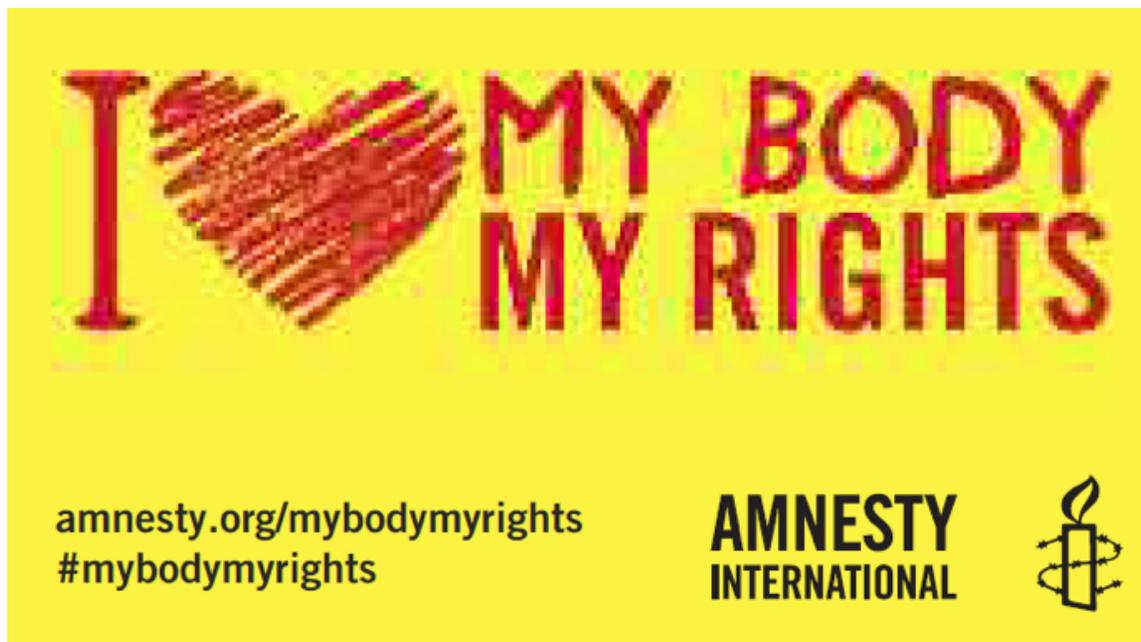
## domestic worker, Indonesia

“After I had just married I went to the community health centre, but they said ‘if you don’t have children, don’t use contraception, have children first... otherwise it will be difficult for you to have children... you may become barren...’ Then I didn’t use contraception... I didn’t have much experience and soon I became pregnant... After I had my first child, then they told me about contraception... Now I use contraception.”



# How can **I** get involved?

There are so many ways that **YOU** can help protect human rights and ensure everyone has access to sexual and reproductive health rights!



# Visit our Website!

- We have a wealth of information and resources on our website– it's the best place to go! You can get:

- background materials
- fact-sheets
- actions (letters, petitions, & more!)
- event ideas
- and much, much more!

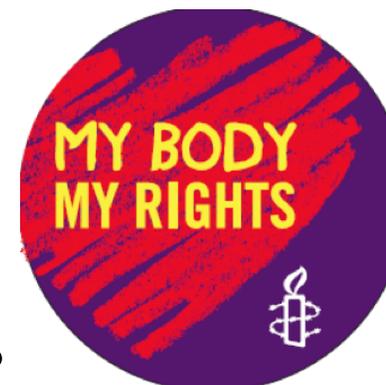


**Visit us at:** [www.amnestyusa.org/mybodymyrights](http://www.amnestyusa.org/mybodymyrights)

*Note: All the resources we'll list in the following slides are available on our website!*

**Sign up for updates!** Email us at [WHR@aiusa.org](mailto:WHR@aiusa.org) to be sure you get campaign updates!

# Take Action!



If you're online...

- **Follow us on** [Facebook](#) and Twitter "AmnestyWomenRts"
- **Change** your profile pic or cover photo to show your support
- **Take** our SRR quiz (see the website)
- **Add** a photo to our Flickr group [flickr.com/groups/mybodymyrights](http://flickr.com/groups/mybodymyrights)
- **Take** the challenge on [respectmyrights.org](http://respectmyrights.org)

# Take Action!



If you're out and about...

- **Sign** the petitions & collect signatures
- **Write or draw** your own version of the 'I love my body, I love my rights' message onto a blank sticker or display it in any other creative way you can think of!
- **Hold** or attend a discussion event
- **Take** photos of your event or of anyone wearing or sharing the 'My body, my rights' message and upload them to our Flickr group [flickr.com/groups/mybodymyrights](https://www.flickr.com/groups/mybodymyrights/)

# Spread the word!

If you're online...

- **Use** the hashtag **#MyBodyMyRights**
- **Share** the petition at **[amnesty.org/mybodymyrights](http://amnesty.org/mybodymyrights)**
- **Share** a story, stat or fact (Facebook or Twitter)
- **Share** our Know your rights images (both sides of poster) and our action card (Know your rights side)
- **Challenge** your friends to take our quiz
- **Repost** our blog or write your own
- **Share** your post on **[respectmyrights.org](http://respectmyrights.org)** with your friends and encourage them to take the challenges there
- **Share** the Flickr group at **[flickr.com/groups/mybodymyrights](http://flickr.com/groups/mybodymyrights)** on your blog or website

# Who can I contact for more info?

- **Visit us** at [amnestyusa.org/mybodymyrights](https://www.amnestyusa.org/mybodymyrights) and [amnesty.org/mybodymyrights](https://www.amnesty.org/mybodymyrights)
- **Email us** at [WHR@aiusa.org](mailto:WHR@aiusa.org)
- **Tweet or DM us** at [@amnestyonline](https://twitter.com/amnestyonline) or [@demanddignity](https://twitter.com/demanddignity)
- **Find us** on Facebook – [amnestyglobal](https://www.facebook.com/amnestyglobal) / [demanddignityglobal](https://www.facebook.com/demanddignityglobal) /
- **Call** the Women's Rights Program at 202-675-8758
- **Join our network!** Email us at [WHR@aiusa.org](mailto:WHR@aiusa.org) to be added to the Women's Human Rights Network and to receive updates!

**YOU are a human rights defender!**

Defend sexual and reproductive health rights today!