

MY LIFE  
MY HEALTH  
MY EDUCATION  
MY CHOICE  
MY FUTURE  
MY BODY  
MY RIGHTS

[www.amnesty.org/mbmr](http://www.amnesty.org/mbmr)

COUNTRY CASE#1

NEPAL

Kopila was 24 when she had her fourth child and developed uterine prolapse. 'Twelve days after the birth, I was cutting wood. My husband beat me hard. After that I started feeling back and stomach pains and I couldn't stand straight or sit or do work.'

Uterine prolapse is a painful condition in which the pelvic muscles weaken and the uterus descends into the vagina. There are many causes: early marriage, early pregnancies, frequent childbearing and heavy workloads.

In Nepal, discrimination against women and girls is widespread and systematic. This threatens their health and results in high rates of uterine prolapse, many – unusually – under the age of 30.



EL SALVADOR

In 2013 Beatriz (not her real name) demanded urgent medical treatment to save her life. She had lupus and kidney problems and doctors told her continuing her pregnancy could kill her. Moreover, the foetus lacked part of its brain and skull, and would not have survived.

Beatriz suffered for weeks before the authorities allowed medical intervention, as a result of an international campaign by Amnesty activists and others. Beatriz said:

'Give women the treatment they need, don't make other women suffer like they did me.'

In El Salvador abortion is illegal in all circumstances, even in cases of rape or when the life of the mother is at risk. Women found guilty of terminating their pregnancies have been sentenced to long jail terms.

Beatriz



COUNTRY CASE#2

COUNTRY CASE#3

BURKINA FASO

Korotomi, aged 43, has given birth to eight children. She told Amnesty: 'Sometimes we don't have any money to pay for contraception and that is how I came to have eight children. If it wasn't for that, I would have only four.'

The high cost of contraceptives is just one barrier for women and girls in Burkina Faso trying to make decisions about their bodies.

Forced early marriage remains common: most girls are married by the age of 19 and nearly half of all young women are already mothers. Talking openly about sex is taboo, making it difficult to obtain reliable information about sexual health and contraception. In some cases health workers refuse to hand over contraceptives without the husband's permission.



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COUNTRY CASE#4

MOROCCO

When 16-year-old Amina Filali was forced to marry her alleged rapist, she saw suicide as her only way out. She swallowed rat poison in March 2012.

Her death caused an outcry in Morocco against a law that allows a rapist to marry his victim to evade prosecution and punishment.

In January 2014, Morocco repealed this discriminatory provision. But other Moroccan laws – and similar laws in other North African countries Algeria and Tunisia – fail to protect women and girls from gender-based violence. They also fail to provide them with effective remedies when violence does occur.



Zohra Filali holds a picture of her daughter, Amina, who committed suicide in 2012 © AP

MY  
BODY  
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## WHAT IS THE MY BODY MY RIGHTS CAMPAIGN?



Being able to make decisions about our health and body is a basic human right. Choosing who to love, for instance, or if and when to marry and have children. Yet all over the world, people are persecuted for making these choices – or prevented from doing so at all – by the state, medical professionals, and even by their families.

Our rights over our bodies are known as sexual and reproductive rights. When they are denied, the consequences can be devastating. When girls as young as 10 are forced into marriage, the result is increased risk of complications in pregnancy. When same-sex relationships are banned, people face police harassment, violence and eviction. When a pregnant woman is denied a life-saving termination because abortion is illegal in her country, she is likely to die.

My Body My Rights is Amnesty's global campaign for sexual and reproductive rights. It focuses on seven countries where states encroach on these rights. We are calling on governments to:

- ➔ Stop criminalising abortion
- ➔ Address discriminatory laws and gender based violence
- ➔ Increase access to sexual and reproductive health services, including contraception and information

**Sexual and reproductive rights are human rights, so states have an obligation to protect them. We want to make sure they do.**



## WHAT WE ARE CAMPAIGNING FOR



Campaigning in Denmark © AI

### ➔ Decriminalisation of abortion

Unsafe abortions are a leading cause of maternal deaths – about 13% globally. And 40% of women of childbearing age live in countries where abortion is banned, restricted or not accessible (Source: World Health Organisation).

Seeking an abortion – or helping someone get one – should not make anyone a criminal. Women and girls and health workers must not face jail for accessing or providing abortion services.

### ➔ Freedom from discriminatory laws

Everyone is equal regardless of their sex, sexuality, gender identity or marital status. Yet in some countries, consensual sex between two people of the same sex or between a man and a woman who are not married is a crime. We also have the right to live free from all forms of violence, including rape and other sexual violence, female genital mutilation, forced pregnancy, and forced abortion.

### ➔ Access to safe sexual and reproductive health services

In many countries girls are denied education and information on sex and relationships. Many are forced into marriage at an early age, and have no choice over having sex or using contraception so become pregnant when they are still children themselves. We want to remove barriers to access affordable, confidential and quality health services including contraception.



'No to child marriage' says this slogan on a wall in Burkina Faso © AI

## WHAT YOU CAN DO

Taking action now is crucial because some states are trying to roll back sexual and reproductive rights. Recent examples include efforts to ban same-sex relationships, restrict access to abortion, and deny family planning services to unmarried women and girls. Such efforts are often a response to well-funded campaigns backed by powerful religious institutions.

Around the world, 1.8 billion young people are at risk of having their sexual and reproductive rights ignored. It's time to fight back.

## MY BODY MY RIGHTS

**FIND OUT MORE AND TAKE ACTION**

[www.amnesty.org.uk/mbmr](http://www.amnesty.org.uk/mbmr)

