



February 2015

MY BODY MY RIGHTS – VALENTINE’S DAY

Raise awareness about sexual and reproductive rights with these funny Valentine’s Day cards.

Show your love for that special person in your life with proper, legalistic human rights language! Sometimes it’s difficult to express your feelings for that special person and we at Amnesty think that inscrutable language of official human rights documents can help...

But seriously now.

One of the aims of the My Body My Rights campaign is to establish sexual and reproductive rights as human rights. All over the world, people are coerced, criminalised and discriminated against, simply for making choices about their bodies and their lives.

Sexuality and childbearing are sensitive issues and many people find them difficult to talk about in public. They are deeply personal experiences, yet families and communities, states and religious bodies, often seek to control people’s sexual and reproductive lives – and the lives of women and girls in particular.

The freedom to make decisions about your own health, body, sexual life and identity is a fundamental human right. Such decisions are important and may be difficult, so to reach them people may need support, information and health services. But the power to decide must remain with the person most directly concerned.

But rather than see these issues as fundamental human rights issues, they are often talked about in terms of culture, modesty, shame and honour. Internationally, this is the area where gender equality is suffering the greatest backlash and where human rights defenders are facing some of the biggest threats. Conservative and religious forces are working to delete reference to sexual and reproductive rights in international documents and agreements.

WHAT YOU NEED TO DO

These Valentine’s Day cards are just a funny way to engage people and for Amnesty to start talking about sexual and reproductive rights as human rights in this campaign. There is no campaign action attached as everything is being saved for a big action launch for International Women’s Day. But this should help with awareness raising and starting conversations about this campaign and the countries and projects we will be working on.

This will also be pushed on social media, so if you have a Facebook or Twitter account make sure you share these cards online in the run-up and on Valentine’s Day, 14th February!

MONTHLY ACTION

Materials: Ordering Information

MY BODY MY RIGHTS – Valentine’s Day cards

You can order the cards by phoning TFS, our mailing house on 01788 545553 quoting the Product code MBM 007

They come in packs of 6 each with a different design. Here’s an example of one of the cards:

MY BODY
MY RIGHTS



CONTENTS

- The guidance sheet
- Background information

GOT QUERIES OR WANT TO DO MORE?

If you have any queries about this action please contact activism@amnesty.org.uk / 020 7 033 1675
Local group's monthly mailing can be downloaded from:
www.amnesty.org.uk/groups