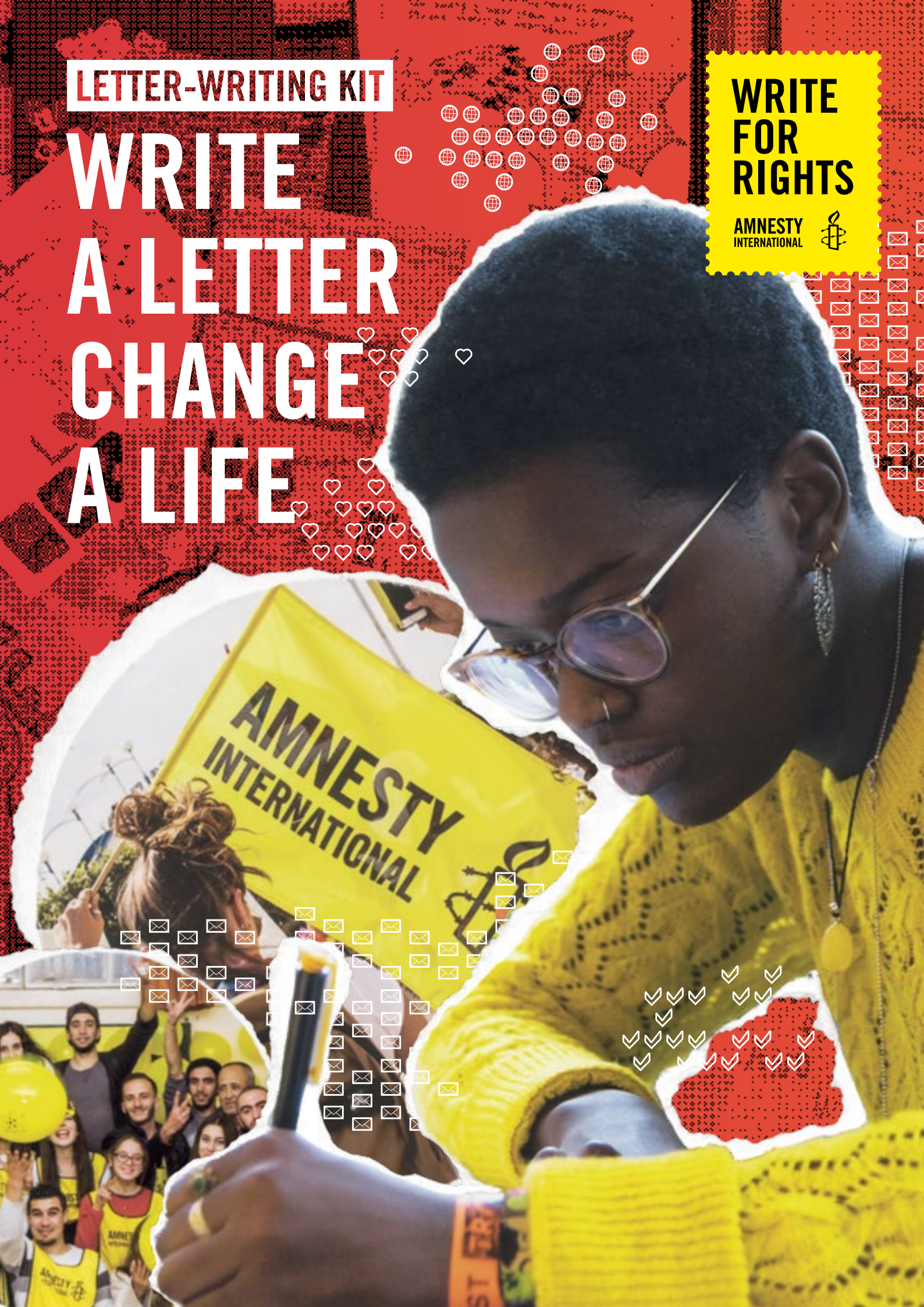


LETTER-WRITING KIT

WRITE A LETTER CHANGE A LIFE

**WRITE
FOR
RIGHTS**

**AMNESTY
INTERNATIONAL**



WRITE A LETTER CHANGE A LIFE

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



Welcome to Amnesty's Write for Rights letter-writing kit. In it you'll find everything you need to join Write for Rights – our global letter-writing marathon and the world's biggest human rights event.

You're here because you want to make a difference to the lives of the many people worldwide who are under threat for standing up for what's right, speaking out for others, or simply because of who they are. Whether you do this with a group of friends, classmates, your family or by yourself, the words you write will change lives.



**WRITE
FOR
RIGHTS**

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“I am grateful for all the support and solidarity from so many of Amnesty International’s activists who care about our rights despite being from a different country.”

Gulzar Duishenova (pictured centre), who has campaigned for disability rights in Kyrgyzstan for many years. In 2018, supporters wrote nearly a quarter of a million messages backing her fight. In March 2019, Kyrgyzstan finally signed up to the Disability Rights Convention.

WHAT IS

WRITE FOR RIGHTS?

**WRITE
FOR
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INTERNATIONAL



Sometimes a letter can change someone's life. That's the premise of Write for Rights, our global letter-writing campaign. We've been doing it for 17 years and today, it's the world's biggest human rights event.

Every December, people across the globe write millions of letters for those whose basic human rights are being attacked.

They are people like you, continuing a long tradition of writing letters to right some of the world's biggest wrongs.

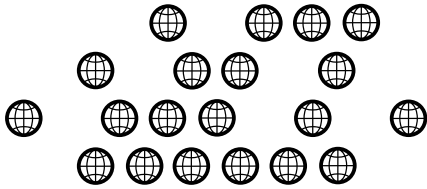


HOW DOES WRITE FOR RIGHTS WORK?

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL

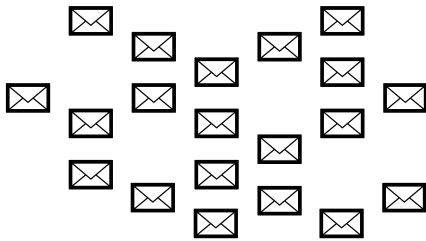
1



People in more than 120 countries and territories take part in all kinds of events



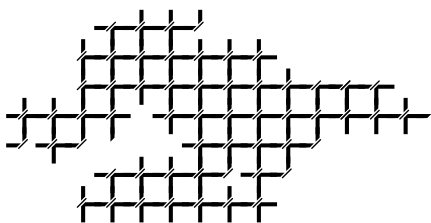
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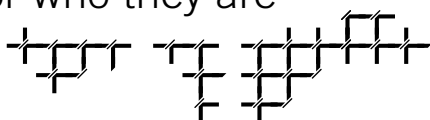
Writing millions of letters, emails, tweets and petitions



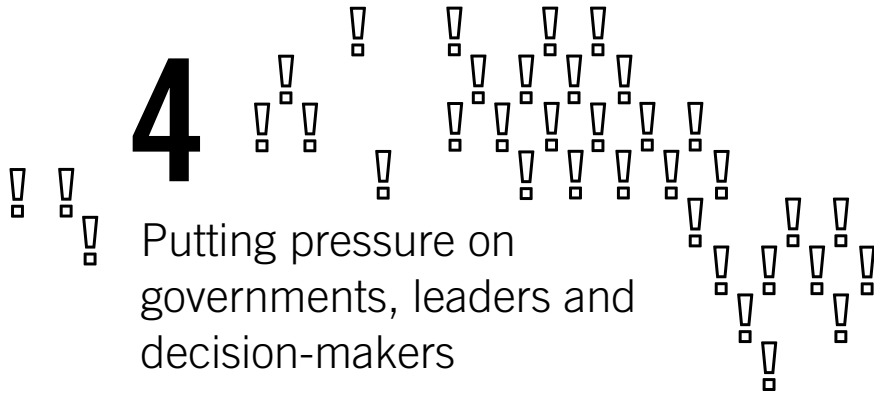
3



Supporting people who've been harassed, threatened and jailed, just for who they are



4



Putting pressure on governments, leaders and decision-makers

5



Showing love and support for the people and their families

6



And making change happen – releasing those who have been wrongly imprisoned, helping people who have been mistreated and protecting those who stand up for change



WHY DO WE NEED TO TAKE ACTION?

WRITE
FOR
RIGHTS

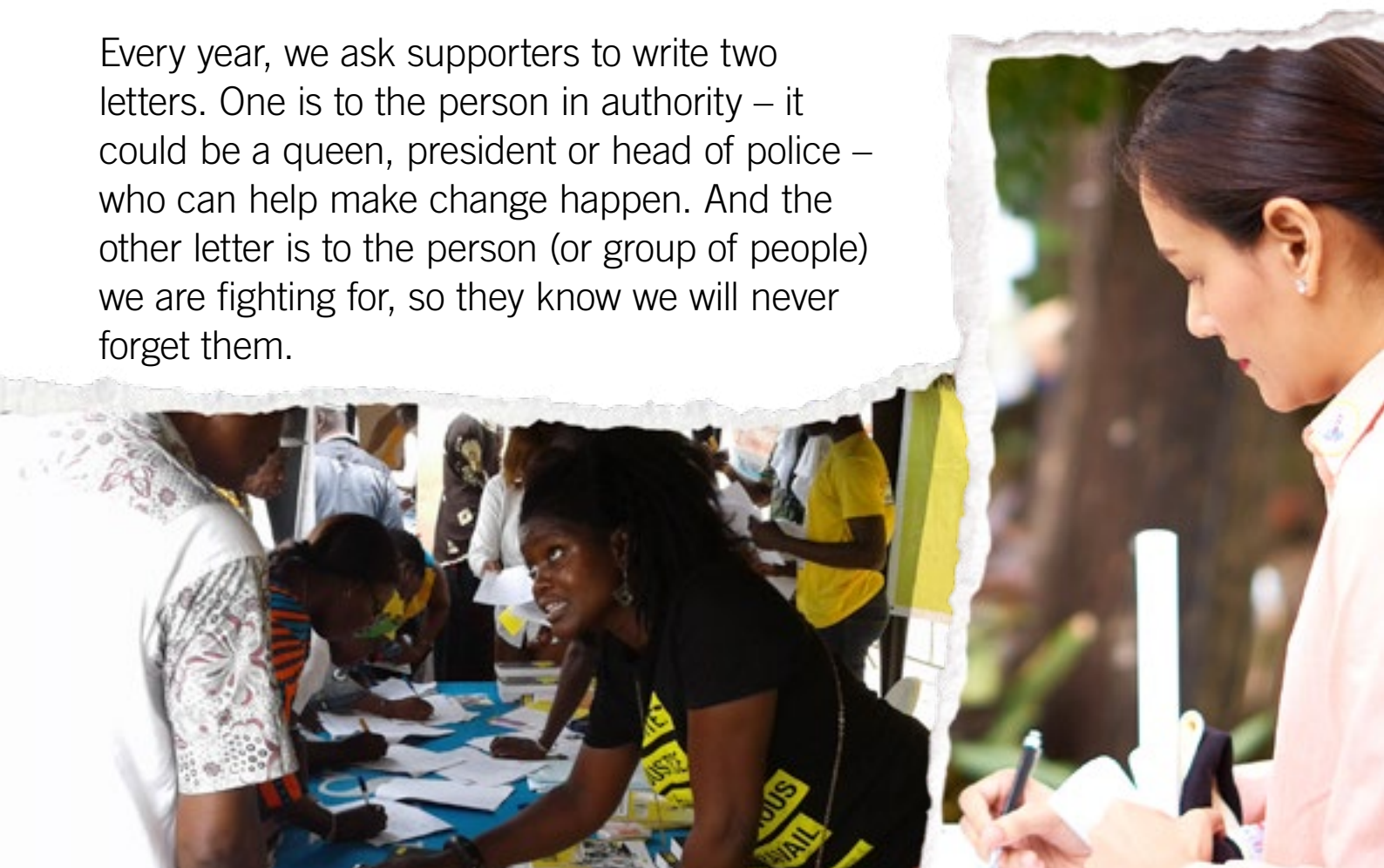
AMNESTY
INTERNATIONAL



In country after country, people's freedom – to speak out against injustice, to live on their ancestral lands, to not be discriminated against – is under threat. Our letters, words and actions will put pressure on authorities to take immediate action, so that those who abuse will be brought to justice. And those unjustly imprisoned will taste freedom once again.

WHO DO WE WRITE TO?

Every year, we ask supporters to write two letters. One is to the person in authority – it could be a queen, president or head of police – who can help make change happen. And the other letter is to the person (or group of people) we are fighting for, so they know we will never forget them.



DOES IT WORK?

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL

Yes! Every year, real change happens because of your letters and actions. People wrongfully imprisoned are released. Abusers are brought to justice. And people in prison are treated more humanely.

WHEN DOES IT HAPPEN?

This year's campaign runs from 18 November until 13 December, with an extra big push on 10 December, Human Rights Day. Write your letters during this period.



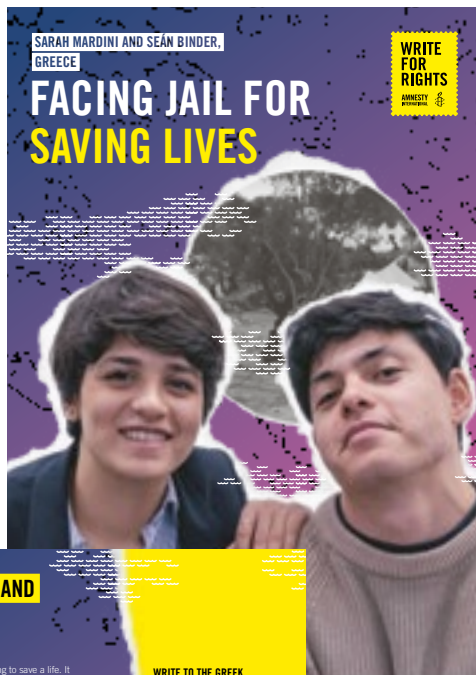
“I am wholeheartedly grateful to all people around the world who have showered me with compassion and kindness and spared no effort in supporting me.”

Atena Daemi, who was jailed in Iran for handing out leaflets criticizing the death penalty. She was attacked in prison and needed urgent specialist medical care. Thanks to the more than 700,000 actions taken by people worldwide during Write for Rights 2018, Iran finally gave her the treatment she needed.

HOW TO WRITE FOR RIGHTS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



1. READ THE STORIES

It's often said that young people are our future leaders. We say, they're here now and they're already firefighting some of the biggest crises we face worldwide. From calling out climate injustice to calling for women's rights, from tackling homelessness to exposing police brutality, children and young people are a leading force for change. This year, we're standing alongside them to give them strength so that they continue to dare where adults in authority are failing – and change the way we see the world.

The young people we're helping this year are from 10 different countries. You'll find 10 case sheets at the end of this kit, summarizing their stories. Take a look.

2. PRINT OUT OUR SPECIALLY DESIGNED STATIONERY

We've created some special stationery which you can download and print. You can use it for any of your Write for Rights letters.

3. WRITE YOUR LETTERS

At the back of each case sheet are two addresses.

One is to a **government**: that's the target address. This is the government figure we are trying to persuade to help the person or people featured in that case.

The second address is to the **person we want to help**, or someone they are close to. This is your chance to write them a personal message of friendship or support. Feel free to draw pictures – be as creative as you like.

HOW TO WRITE FOR RIGHTS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



4. USE THE SAMPLE TARGET LETTERS IF YOU NEED THEM

This kit contains 10 sample letters to your target. You can either copy these out in your own handwriting (great!), or rewrite them, adding your own words (even better!).

You can write as few or as many as you like.

5. POST YOUR LETTER ONLINE AND TAG US

Once you've written your letter, take a photo of it (or a part of it) and post it on your social media channels, tagging it #W4R19. Please also tag @amnesty in your posts on Twitter and Instagram so we can find you.

We'll re-tweet and post the best letters during Write for Rights.

6. POST YOUR LETTER OFFLINE!

You've written to a government authority or to someone who really needs your support right now. Please remember to put that letter in an envelope, stamp it and send it on its way. Your words will change someone's life. Thank you!

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS
AMNESTY
INTERNATIONAL

EMIL OSTROVKO
BELARUS

Alexander Komuk
Prosecutor General of the
Republic of Belarus
Internatsionalnaya Str., 22
220030 Minsk, Belarus

Dear Sir,

Emil Ostrovko was only 17 years old when in April 2018
he received a 10-year prison sentence for drug trafficking,
later reduced to eight years. Emil had worked after school
as a courier for an online company. His employer told him



that the parcels he was delivering contained legal smoking
mixtures – it was a lie; he was delivering illegal drugs.
Investigators never looked for the owner of the company,
or anyone else. Only Emil was prosecuted.

In Belarus, people serving lengthy prison sentences for
petty drugs offences are treated far worse than other
offenders and made to do long hours of hard labour.

Emil was denied immediate access to vital medication
and got frostbite after being forced to clear snow with his
bare hands. While life has got a little better for Emil since
he was moved to an adult prison in June, his youth and
potential are being wasted because of highly punitive drug
laws.

I urge you to immediately release Emil, clear his criminal
record and ensure no children are imprisoned for minor,
non-violent drug offences.

Yours sincerely

GRASSY NARROWS
YOUTH
CANADA

Prime Minister of Canada
80 Wellington Street
Ottawa,
Ontario K1A 0A2

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS
AMNESTY
INTERNATIONAL

YILYISJIANG
REHEMAN
CHINA

Xi Jinping
President of the People's
Republic of China
Zhongnanhai,
Xichangnaji
Kichengsi, Beijing
Shi 100017, People's
Republic of China



Dear President Xi,

In 2017, Yilysjiang Rehehan was studying at a
university in Egypt and looking after his growing family.
Then, in July of that year, people from your government
pressured the Egyptian government to round up hundreds
of Uighur people in Egypt. Yilysjiang was among them.
It is likely that Yilysjiang is now in one of your country's
secret internment camps, where numerous human rights
violations are taking place.

It is shocking and not right that up to one million mainly
Muslim people have been taken away from their families
and locked up in these camps since 2017. Please release
Yilysjiang Rehehan immediately and unconditionally
and return him to his family – he has done nothing wrong.

Yours sincerely,

IBRAHIM EZZ EL-DIN
EGYPT

Public Prosecutor Nabil
Salek
Office of the Public
Prosecutor
Madinet al-Nahs, Cairo,
Arab Republic of Egypt
Fax: +20 225 774 716



Ibrahim is the fifth person linked with his organization, the
Egyptian Commission for Rights and Freedoms, to have
been arrested in just three years. Hundreds like Ibrahim
have been forcibly disappeared. They are held in secret
detention for months, without ever being brought to trial
and with no access to their lawyers or families and no
external judicial oversight, where they at a higher risk of
torture and mistreatment. Many have been arrested simply
for expressing their opinions peacefully, criticising the
authorities, or standing up for human rights. This pattern
of abuse must end.

Please reveal where Ibrahim is, give him access to his
family and lawyers and ensure that he is protected from
torture and mistreatment. Release Ibrahim unless he is
charged with an internationally recognized crime.

Dear Sir,

I am concerned for the life and safety of Mouna Robbe.

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS
AMNESTY
INTERNATIONAL

SARAH MARDINI AND
SEAN BINDER
GREECE

Greek Minister of Citizen
Protection
Michalis Chrisochoidis
Ministry of Citizen Protection
P. Kanellopoulou 4, 101 77,
Athens, Greece

Dear Minister

It is shocking that in Greece you can go to jail for saving
lives. This is what happened to rescue workers Sarah
Mardini and Sean Binder. They volunteered for a sea
search and rescue organization in Lesbos and helped



people in danger at sea. But they ended up in prison
charged with spying, people-smuggling and belonging to a
criminal organization, until they were released on bail in
December 2018 while awaiting trial.

No government should ever make criminals of people
helping refugees, instead of doing more to protect a
refugee's right to find a safe place to live. When people
need to escape conflict, torture or other abuses in their
countries, they often have no option but to make highly
dangerous journeys to reach safety.

Please ensure that all charges against Sarah Mardini and
Sean Binder are immediately dropped and acknowledge
the legitimacy of humanitarian actions and the activities
carried out by people acting in defense of refugee and
migrant rights.

Yours Sincerely,

YASAMAN ARYANI
IRAN

Head of the Judiciary,
Ebrahim Raisi
C/o Permanent Mission
of Iran to the UN
Chemin du Petit-
Saconnex 28
1209 Geneva,
Switzerland

Dear Mr Raisi,

Yasaman Aryani and her mother, Morvash Azadshahi,
were sentenced to a shocking 16 years in prison for
campaigning against discriminatory forced veiling laws.



They were arrested in April 2019 in relation to a video that
showed them without headscarves on a women-only train
handing out flowers on International Women's Day. This
false act, where Yasaman spoke of her hope for a future
when all women in Iran would have the freedom to choose
what to wear, was shared in a video that went viral on
social media.

I urge you to release Yasaman Aryani and her mother
Morvash Azadshahi, immediately and unconditionally as
they are prisoners of conscience, jailed solely for their
human rights work. Until they are released, please ensure
they have regular contact with a lawyer of their choosing.
I also urge you to stop criminalizing the work of women's
rights defenders and abolish forced veiling laws.

Yours sincerely

WHY DOES

SOLIDARITY MATTER?

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



You might think that writing to a young person you don't know will make no difference, or that they won't want to hear from you. But when you're locked up or in fear for your life for calling out injustice, having someone tell you they believe in you matters a lot. Whoever you choose to write to, remember that they will love to hear from you. They may feel anxious and alone, and your words will bring comfort and hope to them.

Last year, your messages to Mônica Benício in Brazil made a huge difference after her partner, Marielle Franco, was killed. Marielle was a charismatic local politician and defender of the poorest in Brazil and after she was killed, people worldwide sent over half a million messages demanding answers, and justice.

After receiving your messages, Mônica told us:



“It helps me to get up in the morning... knowing that there is this big global network of affection.”

The messages you sent demanded ‘Who killed Marielle Franco?’ and in March 2019, two ex-police officers were arrested for her killing. It was a first step towards justice.

SAMPLE TARGET

LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL

There are 10 of these letters. Feel free to either copy these out in your own handwriting or, even better, rewrite them, adding your own words. You can use the special printable stationery we've provided, or your own paper. You can do as few or as many as you like. If you've already taken action online, please write a solidarity letter instead. If you only want to write a solidarity letter, that's brilliant, too!



SAMPLE TARGET

LETTERS

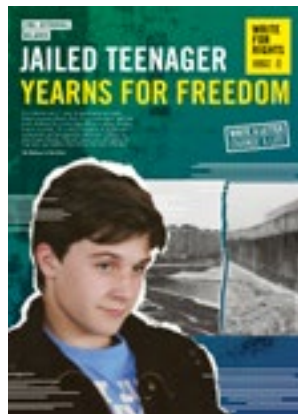
**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



EMIL OSTROVKO BELARUS

Alexander Koniuk,
Prosecutor General of the
Republic of Belarus,
Internatsionalnaya Str., 22,
220030 Minsk, Belarus



Dear Prosecutor General,

Emil Ostrovko was only 17 years old when in April 2018 he received a 10-year prison sentence for drug trafficking, later reduced to eight years. Emil had worked after school as a courier for an online company. His employer told him

that the parcels he was delivering contained legal smoking mixtures – it was a lie; he was delivering illegal drugs. Investigators never looked for the owner of the company, or anyone else. Only Emil was prosecuted.

In Belarus, people serving lengthy prison sentences for petty drug offences are treated far worse than other offenders and made to do long hours of hard labour. Emil was denied immediate access to vital medication and got frostbite after being forced to clear snow with his bare hands. While life has got a little better for Emil since he was moved to an adult prison in June, his youth and potential are being wasted because of highly punitive drug laws.

I urge you to immediately release Emil, clear his criminal record and ensure no children are imprisoned for minor, non-violent drug offences.

Yours sincerely

GRASSY NARROWS YOUTH CANADA

Prime Minister of Canada,
80 Wellington Street,
Ottawa, Ontario,
K1A 0A2, Canada



Dear Prime Minister,

The Indigenous Anishinaabe community of Grassy Narrows, Ontario, has been hard-hit by mercury poisoning. The terrible impacts of toxic mercury dumped into the English and Wabigoon River system in the 1960s are still seen today.

Because of government inaction, generations of young people have grown up with devastating health problems and the loss of their cultural traditions.

In 2017, the federal government promised to deal with the mercury crisis “once and for all” – now is the time to make good on that promise.

Restore what mercury contamination has taken from the people of Grassy Narrows. These young people and future generations must have the opportunity to grow up in a thriving community and a healthy environment.

Yours sincerely,

SAMPLE TARGET

LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



YILIYASIJIANG REHEMAN CHINA

Xi Jinping,
President of the People's
Republic of China,
Zhongnanhai,
Xichangan'jie,
Xichengqu, Beijing,
Shi 100017, People's
Republic of China



Dear President,

In 2017, Yiliyasijiang Reheman was studying at a university in Egypt and looking after his growing family. Then, in July of that year, people from your government pressured the Egyptian government to round up hundreds of Uyghur people in Egypt. Yiliyasijiang was among them. It is likely that Yiliyasijiang is now in one of your country's secret internment camps, where numerous human rights violations are taking place.

It is shocking and not right that up to one million mainly Muslim people have been taken away from their families and locked up in these camps since 2017. Please release Yiliyasijiang Reheman immediately and unconditionally and return him to his family – he has done nothing wrong.

Yours sincerely,

IBRAHIM EZZ EL-DIN EGYPT

Public Prosecutor Nabil
Sadek,
Office of the Public
Prosecutor,
Madinat al-Rehab, Cairo,
Arab Republic of Egypt



Dear Sir,

I am concerned for the life and safety of human rights researcher, Ibrahim Ezz El-Din. On the evening of 11 June 2019, Ibrahim was walking home when four security officers dressed in plain clothes surrounded and arrested him. When Ibrahim's family and lawyers asked where he was, police denied that he was ever detained.

Ibrahim is the fifth person linked with his organization, the Egyptian Commission for Rights and Freedoms, to have been arrested in just three years. Hundreds like Ibrahim have been forcibly disappeared. They are held in secret detention for months, without ever being brought to trial and with no access to their lawyers or families and no external judicial oversight, putting them at a higher risk of torture and mistreatment. Many have been arrested simply for expressing their opinions peacefully, criticising the authorities, or standing up for human rights. This pattern of abuse must end.

Please reveal where Ibrahim is, give him access to his family and lawyers and ensure that he is protected from torture and mistreatment. Release Ibrahim unless he is charged with an internationally recognized crime.

Yours sincerely,

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



SARAH MARDINI AND SEÁN BINDER GREECE

Greek Minister of Citizen
Protection,
Michalis Chrisochoidis,
Ministry of Citizen
Protection,
P. Kanellopoulou 4, 101 77,
Athens, Greece



Dear Minister,

It is shocking that in Greece you can go to jail for saving lives. This is what happened to rescue workers Sarahardini and Seán Binder. They volunteered for a sea search and rescue organization in Lesbos and helped

people in danger at sea. But they ended up in prison charged with spying, people smuggling and belonging to a criminal organization, until they were released on bail in December 2018 while awaiting trial.

No government should ever criminalize people helping refugees, instead of doing more to protect a refugee's right to find a safe place to live. When people need to escape conflict, torture or other abuses in their countries, they often have no option but to make highly dangerous journeys to reach safety.

Please ensure that all charges against Sarahardini and Seán Binder are immediately dropped and acknowledge the legitimacy of humanitarian actions and the activities carried out by people acting in defense of refugee and migrant rights.

Yours sincerely,

YASAMAN ARYANI IRAN

Head of the Judiciary,
Ebrahim Raisi,
c/o Permanent Mission of
Iran to the UN,
Chemin du
Petit-Saconnex 28,
1209 Geneva,
Switzerland



Dear Mr Raisi,

Yasaman Aryani and her mother, Monireh Arabshahi, were sentenced to a shocking 16 years in prison for campaigning against discriminatory forced veiling laws.

They were arrested in April 2019 in relation to a video that showed them without headscarves on a women-only train handing out flowers on International Women's Day. This brave act, where Yasaman spoke of her hope for a future when all women in Iran would have the freedom to choose what to wear, was shared in a video that went viral on social media.

I urge you to release Yasaman Aryani and her mother Monireh Arabshahi, immediately and unconditionally as they are prisoners of conscience, jailed solely for their human rights work. Until they are released, please ensure they have regular contact with a lawyer of their choosing. I also urge you to stop criminalizing the work of women's rights defenders and abolish forced veiling laws.

Yours sincerely,

SAMPLE TARGET

LETTERS

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



JOSÉ ADRIÁN MEXICO

Lic. Mauricio Vila Dosal,
Governor of Yucatán
State,
Palacio de Gobierno Calle
61 x 60 y 62,
Col. Centro, C.P. 97000,
Mérida, Yucatán,
México



Dear Governor,

José Adrián was walking home from school when he stumbled on the aftermath of a clash between a group of youths that ended up damaging a police car. The police jumped him and threw him against their car. Aged just 14 at the time, he was arrested with no explanation. The police never called his parents. They took him to the police station and tortured him. It's likely that his hearing disability prevented him from communicating well with the police during his ordeal.

I urge you to ensure that José Adrián gets justice and full reparations for the human rights violations he has suffered.

Yours sincerely,

NASU ABDULAZIZ NIGERIA

H.E. Babajide Olusola
Sanwo-Olu,
Governor of Lagos State,
Governor's Office,
Ikeja, Lagos State,
Nigeria



Dear Sir,

Nasu Abdulaziz was 23 when men with guns and in bulldozers descended without warning on his community of Otodo Gbame, Lagos. Government must investigate this act of violence which resulted in the loss of numerous homes in the century-old community. Homes have been burned down, families have been shot at, tear gas has been used and livelihoods destroyed. Nine people are believed to have been killed, another 15 are still missing and 30,000 people have been left homeless.

Ensure a full investigation into the forced eviction of Nasu's community, and make sure that everyone is resettled and given full compensation.

Yours sincerely,

SAMPLE TARGET

LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL

MARINEL SUMOOK UBALDO PHILIPPINES

President Rodrigo R.
Duterte, President of the
Philippines,
Malacañang Complex,
J.P. Laurel Street,
San Miguel, Manila
1005, Philippines



Dear President,

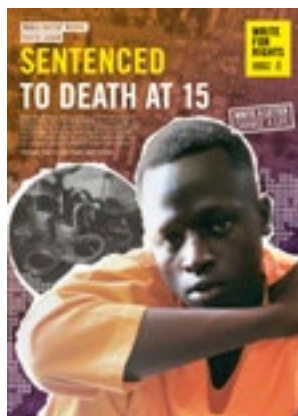
Marinel Sumook Ubaldo was only 16 years old when she faced the disastrous effects of climate change. Marinel survived the deadly Typhoon Yolanda in 2013 to become a leading youth activist, dedicated to ensuring the Philippine government and governments around the world confront climate change and tackle its effects on her community, and others like them.

Please support Marinel's cause by ensuring that you do all you can to enable the residents of Matarinao village in Salcedo, Eastern Samar, (and other vulnerable communities in the Philippines) to live in decent conditions, including having access to enough food, water, housing, electricity and toilets. So far not enough has been done and the community has been left to live in unhealthy conditions, where it is hard for them to earn a living.

Yours sincerely,

MAGAI MATIOP NGONG SOUTH SUDAN

Permanent Mission of the
Republic of South Sudan
to the United Nations,
336 East 45th Street,
5th Floor, New York, NY
10017, USA



Dear Ambassador,

I am writing in concern for Magai Matiop Ngong, a 17-year-old on death row in South Sudan. He was 15 years old when he was convicted of the murder of his cousin and sentenced to death by hanging. During his

trial, Magai told the judge that he was only 15 years old at the time of the crime and that his cousin's death was an accident. Magai did not have a lawyer during his trial.

Anyone below 18 at the time they were involved in a crime must not be sentenced to death, let alone be executed. Their age at the time of trial or sentencing is not relevant. The use of the death penalty against people like Magai is strictly prohibited by Section 21(2) of the Transitional Constitution of the Republic of South Sudan, 2011, and under international human rights law (Article 37(a) of the Convention on the Rights of a Child), to which South Sudan is a party.

Last year, seven people were hanged in South Sudan: one of them was a child – like Magai. This must stop and Magai's death sentence must be cancelled.

Yours sincerely,

WRITE FOR RIGHTS

AMNESTY
INTERNATIONAL



A large, white, rectangular area with a torn, deckled edge, serving as a writing space. It is filled with horizontal lines for text.

EMIL OSTROVKO,
BELARUS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



JAILED TEENAGER YEARNS FOR FREEDOM



EMIL OSTROVKO

BELARUS

Emil Ostrovko (Emil Astrauko in Belarusian) was waiting for his girlfriend at a bus stop on the outskirts of Minsk in April 2018. They were going to spend the day together. Suddenly police officers arrived – they beat Emil and arrested him for distributing illicit drugs. He was just 17.

Earlier in 2018, Emil had got an after-school job as a courier for an online company. His employer had told him the parcels he was delivering contained legal smoking mixtures.

After spending months detained, Emil received a 10-year prison sentence for drug trafficking, later reduced to eight years when some charges were dropped. Investigators never looked for the owner of the company, nor anyone else. Only Emil was prosecuted.

Before his arrest Emil was an energetic, caring young man who loved studying, reading and taking care of his little sister. Now in prison, he hasn't been allowed to finish high school and his plans to go to university have been crushed.

Emil is one of around 15,000 people serving lengthy prison sentences in Belarus for petty drugs offences. They are treated far worse than other offenders and made to do long hours of hard labour. Emil wasn't allowed to carry his asthma medicine and got frostbite from clearing snow with his bare hands. Things got a little better when he went to adult prison, but Emil's youth and potential are being wasted.

Tell Belarus to free Emil.



WRITE TO THE BELARUSIAN AUTHORITIES TODAY

Urge them to immediately release Emil, clear his criminal record and demand that no children are imprisoned for minor drug offences.

Prosecutor General of the Republic of Belarus

*Internatsionalnaya Str. 22,
220030*

Minsk, Belarus

Email: info@prokuratura.gov.by

Twitter: @prokuraturaby

Salutation:

Dear Prosecutor General

SHOW YOUR SUPPORT FOR EMIL

Send your messages of solidarity and strength so he knows he is not alone.

Emil Vadimovich Ostrovko

Correctional Colony Number 2

Ul. Sikorskogo 1, otryad 1

Bobruisk

Mogilevskaya oblast

213800

Belarus

**WRITE A LETTER
CHANGE A LIFE**

December 2019

Index: EUR 49/0754/2019 English

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GRASSY NARROWS YOUTH,
CANADA

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



“OUR COMMUNITY
CAN’T WAIT
ANY LONGER”



GRASSY NARROWS YOUTH

CANADA

Jianne Turtle, 13, is a member of the Indigenous Anishinaabe community of Grassy Narrows in Ontario, Canada. While the community's youth are fighting for a better future, she says the government "has been talking a lot but hasn't done anything."

The people of Grassy Narrows have been hard-hit by mercury poisoning, after the government allowed a pulp mill to dump 10 tonnes of waste into a river in the 1960s. The damaging effects are still seen today. Rodney Bruce, aged 25, says, "I've always been taught that if you do something wrong, you have to fix it."

Fishing is an essential part of their way of life. But for over 50 years mercury has contaminated the fish, making them dangerous to eat. This has robbed the Grassy Narrows people of their health and eroded their culture and traditions. The government has done very little to improve what is currently the country's worst health crisis.

In 2017, the government promised to deal with the crisis "once and for all." This requires cleaning up the river, providing specialized health care and compensating the community.

The youth of Grassy Narrows won't give up their fight until the government keeps its promises. Canada must help restore what mercury has taken from the people of Grassy Narrows.

Demand a healthy future for Grassy Narrows youth.

WRITE TO THE CANADIAN GOVERNMENT TODAY

Tell Canada to restore what mercury has taken from the people of Grassy Narrows. The community and their future generations must be allowed to live in a thriving community and healthy environment.

Prime Minister of Canada

80 Wellington Street
Ottawa, Ontario K1A 0A2

Salutation: Dear Prime Minister

SHOW YOUR SUPPORT FOR THE YOUTH OF GRASSY NARROWS

Post a solidarity message on your social media channels like this one: "Support from [insert your country] for the youth of Grassy Narrows. It's time for #mercuryjustice – #freegrassy".

**WRITE A LETTER
CHANGE A LIFE**

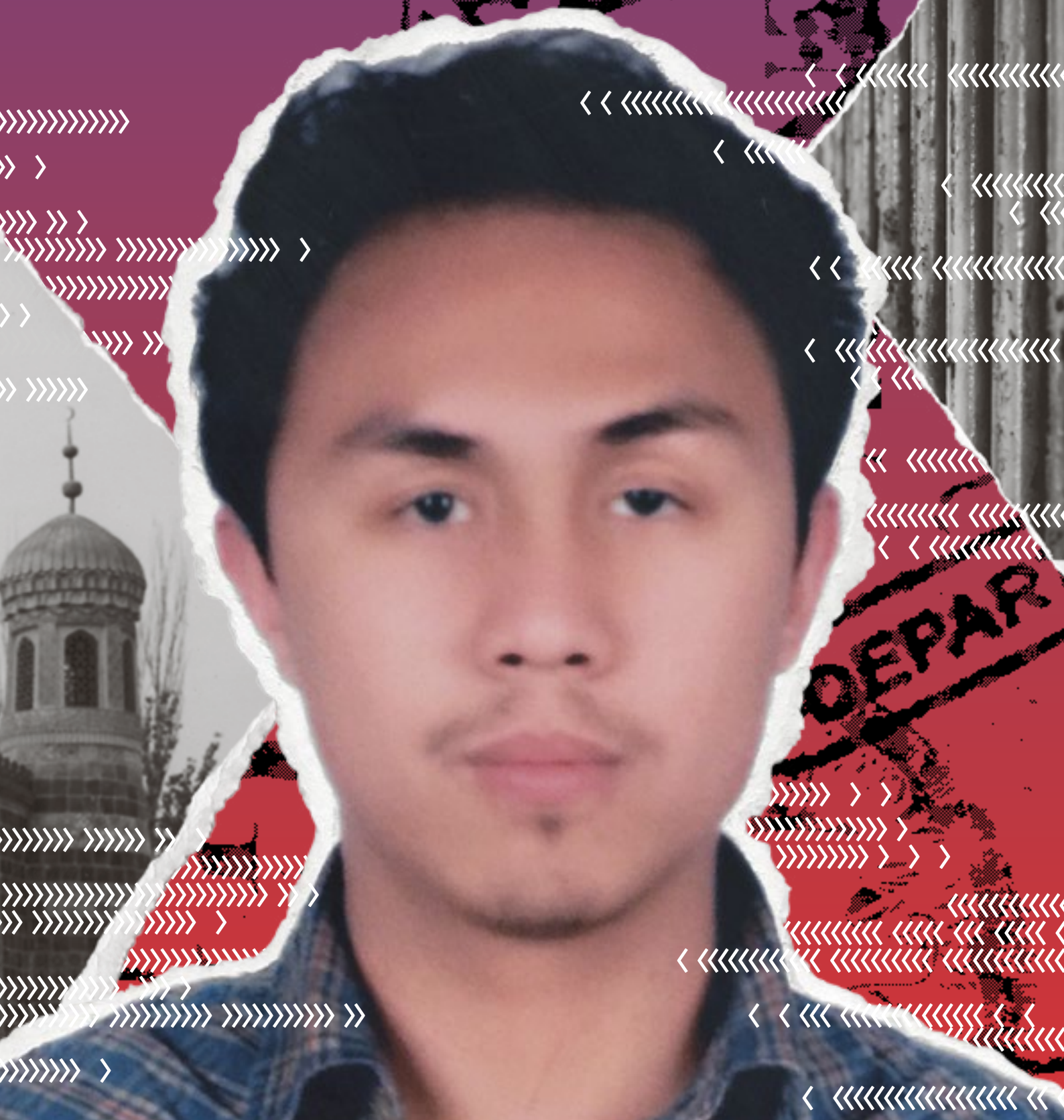
YILIASIJIANG REHEMAN,

CHINA

TORN FROM HIS FAMILY

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FOR
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YILIYASIJIANG REHEMAN

CHINA

Yiliyasijiang Reheman and his wife Mairinisha Abuduaini were expecting their second baby when Yiliyasijiang went missing. The young couple were building a new future for themselves, studying at a university in Egypt while looking after their growing family. But their lives were shattered in July 2017 when China pressured the Egyptian government to round up hundreds of Uyghur people in the country. Yiliyasijiang was among them.

Three weeks later, Mairinisha gave birth to their new baby alone. She was just 19. Since 2017, she has been searching for her husband, never losing hope that their family will one day be reunited.

Mairinisha, who now lives in Turkey, learned through friends that Yiliyasijiang had been sent back to Xinjiang in China. She suspects he's in one of China's secret internment camps where Uyghurs are brainwashed with Chinese government propaganda.

Up to 1 million mainly Muslim people have been torn from their families and locked up in these camps since 2017 – a scandal that has unleashed a powerful movement for truth around the world. Mairinisha just wants her husband back safely with her and her children. "My husband should be released as soon as possible," she says. "Our children need their father. I will never give up until we can be reunited with my husband."

Tell China to release Yiliyasijiang now.

WRITE TO THE CHINESE AUTHORITIES TODAY

Demand that they release Yiliyasijiang Reheman immediately and unconditionally.

Xi Jinping

*President of the People's Republic of China
Zhongnanhai
Xichangan'jie
Xichengqu, Beijing Shi 100017
People's Republic of China*

Fax: +86 10 6238 1025

Email: english@mail.gov.cn

BE THERE FOR YILIYASIJIANG'S FAMILY

Tweet or post your messages of hope and friendship to Mairinisha Abuduaini @munzira717 or on www.facebook.com/mansura.elyas.9. You can also post messages to her c/o:

Amnesty Turkey

*Hacimimi Mh.
Kemeralti Cd.
Ada Han No.31
Kat:2 Daire:2
34425 Karaköy,
Beyoğlu/Istanbul
Turkey*

**WRITE A LETTER
CHANGE A LIFE**



SARAH MARDINI AND SEÁN BINDER,
GREECE

FACING JAIL FOR SAVING LIVES

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SARAH MARDINI AND SEÁN BINDER

GREECE

In Greece, you can go to jail for trying to save a life. It happened to Sarahardini, 24, and Seán Binder, 25, when they volunteered as rescue workers for an organization in Lesbos. Their job was to spot boats in distress at sea and to help refugees.

They are accused of spying, people smuggling and belonging to a criminal organization. If found guilty, Sarah and Seán could go to prison for 25 years.

They already spent more than 100 days in prison before being released on bail in December 2018.

Seán, now in Ireland, says the scariest thing about what happened to him "is not that it put me in jail, it's that this can happen to anyone". It happens when governments make criminals of people who try to help refugees instead of doing more to protect a refugee's right to find a safe place to live. When people need to escape conflict, torture or other abuses in their countries, they often have no option but to make highly dangerous journeys to reach safety.

Sarah, now in Germany, knows all about such dangers. In 2015 she fled Syria's war, crossing the Aegean in a dinghy which nearly sank. She and her sister towed the boat to the shores of Lesbos, saving the lives of everyone on board.

Tell Greece to drop all charges against Sarah and Seán.

WRITE TO THE GREEK AUTHORITIES TODAY

Tell them to drop all charges against Sarahardini and Seán Binder.

Michalis Chrisochoidis
Minister of Citizens' Protection
Twitter: @chrisochoidis
Email: minister@yptp.gr
Salutation: Dear Minister

SHOW SARAH AND SEÁN YOU'RE WITH THEM

Send your messages of support to Sarah and Seán, and the refugees they have fought so hard to help.

Sarah and Seán
c/o Amnesty International
Europe Regional Office
1 Easton Street
London WC1X 0DW
UK

**WRITE A LETTER
CHANGE A LIFE**

December 2019
Index: EUR 25/0753/2019 English
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The World (Main image)
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YASAMAN ARYANI,

IRAN

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INTERNATIONAL



16-YEAR PRISON TERM FOR **PROTESTING** FORCED VEILING



YASAMAN ARYANI

IRAN

A white flower generously shared, a scarf gently removed: two simple gestures that Yasaman Aryani dared to make on a public train in Iran. It was International Women's Day 2019 and Yasaman, an actor who loves mountain climbing, stood up to Iran's forced veiling laws in a brave act of defiance.

With her mother, she walked through a women-only train carriage, hair boldly uncovered as she handed out white flowers. She spoke of her hopes for a future when all women would have the freedom to choose what to wear so that one day they could walk together "me without the hijab and you with the hijab". These moments, captured on video, went viral in March 2019.

On 10 April, Iran's authorities arrested Yasaman, holding her alone in a cell for days while interrogators questioned her. They told her to "confess" that foreign elements were behind her activism and to "repent" her actions. If she didn't, they said they would arrest her friends and family. On 31 July, Yasaman learned to her shock that she has been sentenced to 16 years in prison. She must serve at least 10 years.

Yasaman's cruel punishment is part of a wider crackdown on women campaigning against forced veiling laws in Iran. Since 2018, dozens of women, including Yasaman's mother, Monireh Arabshahi, have been arrested. The Iranian authorities must not be allowed to rob Yasaman of the best years of her life – simply because she believes women should have the right to choose what they wear.

Tell Iran to free Yasaman now.



WRITE TO THE IRANIAN AUTHORITIES TODAY

Tell them to release Yasaman Aryani immediately and unconditionally.

Head of the Judiciary Ebrahim Raisi

*c/o Permanent Mission of Iran
to the UN*

*Chemin du Petit-Saconnex 28
1209 Geneva, Switzerland*

Twitter: @khamenei_ir

Instagram: www.instagram.com/khamenei_ir

Salutation: Dear Mr Raisi

SHOW YASAMAN YOU'RE WITH HER

Take a photo or video of yourself taking action like Yasaman did: handing out flowers, or experiencing the sun, wind or rain on your hair. Post these on your social media accounts, tagging them #FreeYasaman with a message to @yasamanaryani95 and Iran's leader @khamenei_ir. You can also send your photos/videos to Iran_team@amnesty.org.

**WRITE A LETTER
CHANGE A LIFE**

JOSÉ ADRIÁN,
MEXICO

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FOR
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WRONG PLACE, WRONG TIME, **WRONG** **SIDE** OF THE TRACKS



JOSÉ ADRIÁN

MEXICO

José Adrián was on his way home from school when police jumped him and threw him against their car. One officer stomped on his neck. Then aged just 14, Adrián lived in an impoverished community in Mexico. A hearing disability may have prevented him from communicating well with police during his ordeal.

Adrián had stumbled onto the aftermath of a clash between a group of youths that ended up damaging a police car. The police arrested just Adrián, with no explanation, and didn't call his parents. During his arrest, police followed a familiar pattern in Mexico, targeting the poor and discriminated against – in this case, a young Indigenous boy.

Officers shoved Adrián into their car and drove him to the police station where they strung him up by handcuffs. "They left me for almost, like, half an hour there," he says. "They hit me on my chest. Then they slapped me across the face."

To get their son released, Adrián's family had to pay a fine and the cost of damage to the patrol car – money they couldn't afford. Adrián dropped out of school because of what happened.

After years of seeking justice, in early 2019 Adrián was given a hearing aid. Adrián wants to leave this behind and start planning for the future, but the police who assaulted him remain unpunished and the family is still waiting for the government to make amends. "I want there to be justice," says Adrián's mum. We agree.

Demand justice for Adrián.

WRITE TO THE MEXICAN AUTHORITIES TODAY

Tell them to make sure Adrián gets full reparations for the injustices he has suffered, including finding the officers responsible and bringing them to trial.

Lic. Mauricio Vila Dosal
Governor of Yucatán State
Palacio de Gobierno Calle
61 x 60 y 62
Col. Centro, C.P. 97000
Mérida, Yucatán, México

Email:
despachogobernadorucatan@
gmail.com

Twitter:
@MauVila, @GobYucatan

Salutation: Dear Governor

SHOW ADRIÁN YOU'RE WITH HIM

Send your messages of solidarity and strength, so that he knows you support him in his struggle for justice. Email them to mexteam@amnesty.org or send them by post.

Amnistía Internacional México
Dr. José María Vertiz 1196
Letran Valle
03650 Ciudad de México
CDMX, Mexico

**WRITE A LETTER
CHANGE A LIFE**

December 2019
Index: AMR 41/0750/2019 English
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NASU ABDULAZIZ,
NIGERIA

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SHOT WHILE DEFENDING HIS HOME



NASU ABDULAZIZ

NIGERIA

Nasu Abdulaziz is a dedicated football fan. He also loves cycling – normal pastimes for a young person in Nigeria. Except that Nasu's circumstances are nowhere near normal. Right now, he's fighting for his right to a home.

When he was 23 and should have been enjoying life, men with guns and in bulldozers descended without warning on his community of Otodo Gbame in Nigeria's megacity, Lagos. Acting on the orders of the government, these men set upon the homes of this century-old community, crushing and burning down houses, shooting families, destroying livelihoods.

In 2017, the night before the final eviction, Nasu was shot in the arm by hoodlums. The next day, the Lagos State Taskforce swarmed the community again, shooting at and teargassing them. Panicked residents fled, some jumping into the nearby lagoon and drowning. Nine people were believed to have been killed with another 15 still missing.

By the end, 30,000 people were homeless, forced to live in canoes, under bridges or with friends and family. Nasu, too, lost his home but he still has hope. Today, Nasu has joined the Nigerian Slum/Informal Settlement Federation, a mass movement of people like him who won't rest until they secure their right to a home.

Tell Nigeria to protect Nasu's right to a home.

WRITE TO THE NIGERIAN AUTHORITIES

Tell them to investigate the forced eviction of Nasu's community, and to make sure that they are resettled and given full compensation.

**H.E. Babajide Olusola
Sanwo-Olu**

*Governor of Lagos State
Governor's Office
Ikeja
Lagos State*

*Email: info@lagosstate.gov.ng
Twitter: @followlasg*

Salutation: Dear Sir

SHOW NASU YOU'RE WITH HIM

Send your messages of friendship and hope, so he can keep up the fight for his community's right to a home.

Amnesty International Nigeria

*34, Colorado Street
off Alvan Ikoku Way
Maitama, Abuja
FCT Nigeria*

**WRITE A LETTER
CHANGE A LIFE**

December 2019

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Back page: © Justice & Empowerment Initiatives



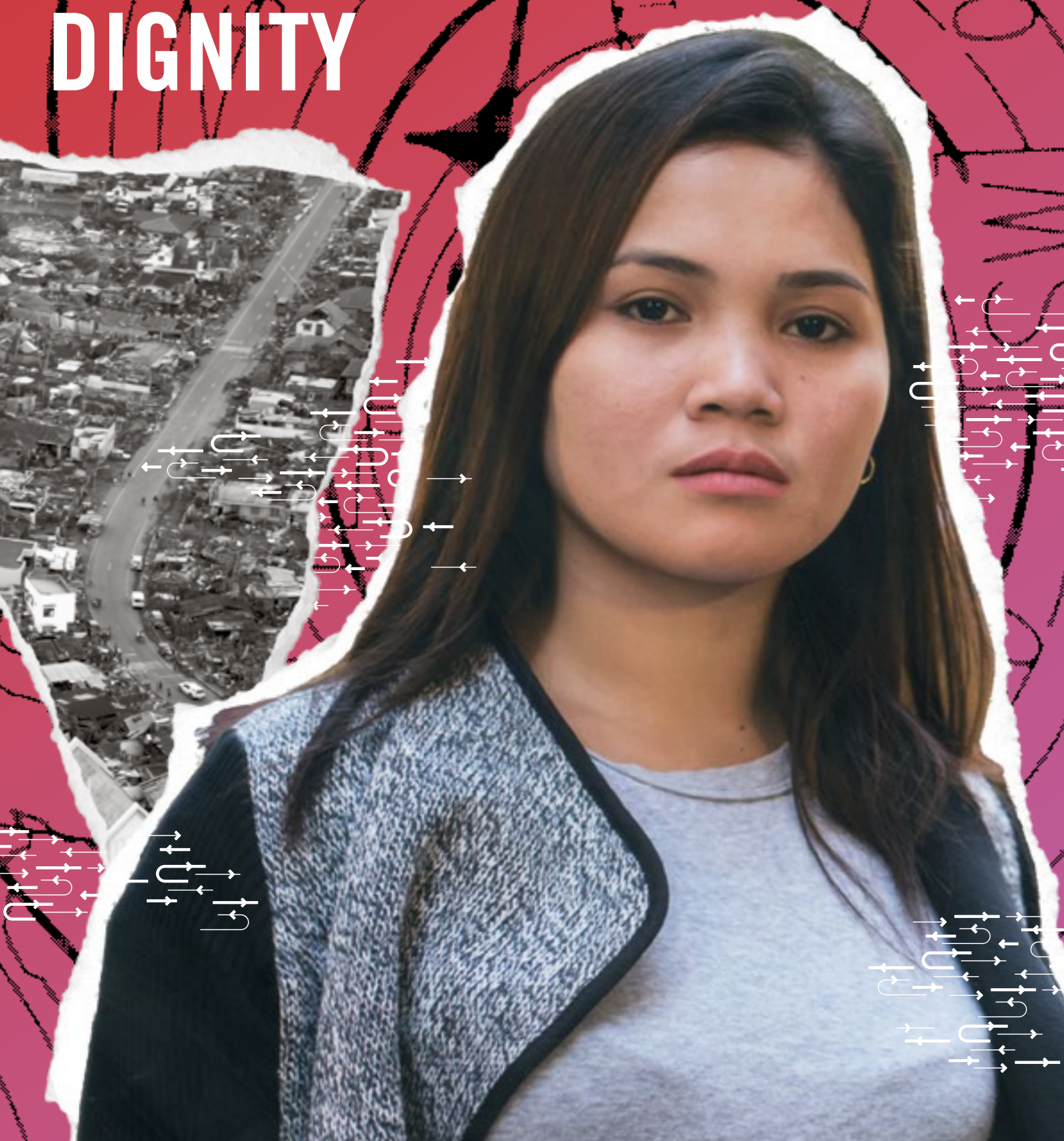
MARINEL SUMOOK UBALDO,

PHILIPPINES

SURVIVING CLIMATE CHANGE, DEMANDING DIGNITY

WRITE
FOR
RIGHTS

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MARINEL SUMOOK UBALDO

PHILIPPINES

Marinel Sumook Ubaldo was 16 when she knew she had to find a way to protect herself and her community from the disastrous effects of climate change. On 13 November 2013, she survived Typhoon Yolanda – one of the deadliest typhoons on record. It destroyed her village in Samar: over 6,000 people died in the Philippines alone and millions lost their homes.

Six years later, Marinel got her degree in social work. A nature lover and well-known youth activist, she spends her spare time campaigning for her community's rights.

In September 2018, she went to New York City to give evidence to an investigation into climate change and the way fossil fuel industries contribute to it. "I'm not just... a climate statistic," she told a packed assembly hall. "My story is only one of many, and I'm here to speak on behalf of the vulnerable and the marginalized communities – may our voices be heard."

Marinel, her family and thousands of others who lost their homes in the typhoon need enough food, water, housing, electricity and toilets. The Philippine government has not done enough and has left them to live in unhealthy conditions where it is hard to earn a livelihood.

But Marinel remains dedicated to ensuring governments around the world confront climate change and tackle its effects on her community, and others like them. Support her.

Demand support for climate change survivors.



WRITE TO THE PHILIPPINE GOVERNMENT TODAY

Tell them to do all they can to ensure residents of Matarinao, Eastern Samar, have decent living conditions, and demand that countries responsible for climate changing carbon emissions do their fair share too.

President of the Philippines

Malacañang Complex, J.P.
Laurel Street, San Miguel,
Manila 1005, Philippines

Email:

pcc@malacanang.gov.ph

Twitter: @pcoogov

Facebook:

www.facebook.com/pcoogov

Salutation: Dear President

STAND WITH MARINEL – SEND YOUR MESSAGES OF SUPPORT

Marinel Ubaldo

c/o Amnesty International
6-C Perseveranda
Townhomes II
Maningning Street
Sikatuna Village
Quezon City
1101
Philippines

**WRITE A LETTER
CHANGE A LIFE**

December 2019

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MAGAI MATIOP NGONG,
SOUTH SUDAN

SENTENCED TO DEATH AT 15

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MAGAI MATIOP NGONG

SOUTH SUDAN

When Magai Matiop Ngong was 15 he loved running and gospel singing. He was in secondary school and had ambitions to help people when he grew up. But life as he knew it came to a sudden end in 2017 when he was convicted of murder.

At his trial he told the judge that he was only 15 and tried to explain that the killing he was accused of was an accident.

But the judge sentenced him to death by hanging. "The feeling is not good at all," he says, "to be informed that you are going to die, I am not happy for that...".

Magai didn't have a lawyer to help him when he was arrested or in his first trial. The judge told him he could write an appeal to ask for his death sentence to be cancelled. He only got a lawyer when he moved prisons.

Last year, seven people were hanged in South Sudan: one of them, like Magai, was just a child.

Two years after his sentence, Magai is on death row in Juba central prison waiting for his appeal but he hasn't lost his "hope...to be out and to continue... school."

Tell South Sudan to cancel Magai's death sentence.

WRITE TO THE SOUTH SUDANESE AUTHORITIES TODAY

Tell them to cancel Magai's death sentence.

The President of South Sudan

Twitter: @RepSouthSudan / @PresSalva

SHOW MAGAI YOU'RE WITH HIM

Send cards or letters of solidarity to Magai. Before posting, please take a photo of your message and post on your social networks, tagging it #InSolidarityWithMagai. On Twitter, use the same hashtag and tag your tweets @RepSouthSudan and/or @PresSalva and @AmnestyEARO.

Magai Matiop Ngong

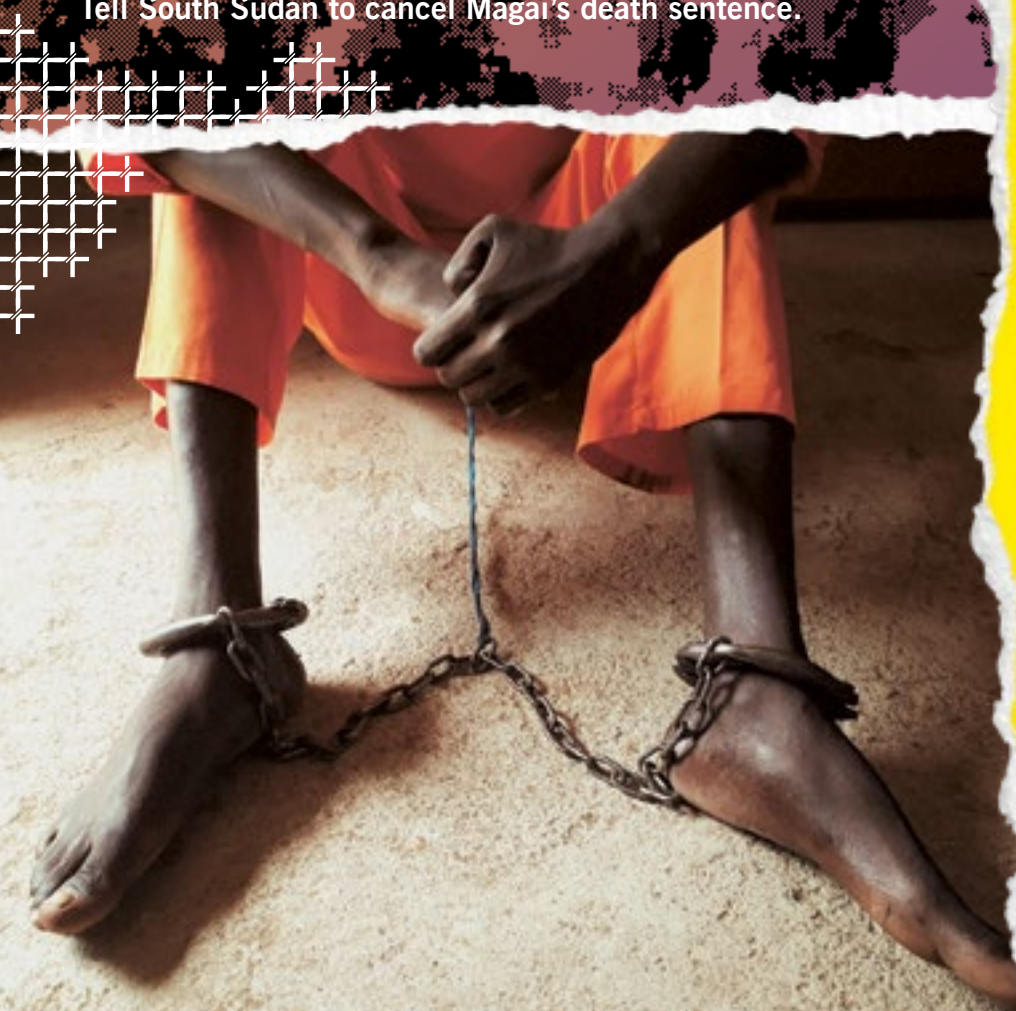
*c/o Amnesty International
Regional Office for East Africa,
the Horn and Great Lakes
Riverside Studios
Riverside Lane
off Riverside Drive
P.O Box 1527-00606
Nairobi, Kenya*

**WRITE A LETTER
CHANGE A LIFE**

December 2019

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Amnesty International is a global movement of more than 7 million people who campaign for a world where human rights are enjoyed by all.

Our vision is for every person to enjoy all the rights enshrined in the Universal Declaration of Human Rights and other international human rights standards.

We are independent of any government, political ideology, economic interest or religion and are funded mainly by our membership and public donations.

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Peter Benenson House, 1 Easton Street
London WC1X 0DW, United Kingdom

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