

**AMNESTY
INTERNATIONAL**



MY BODY MY RIGHTS – MANIFESTO

As governments and others try to impose restrictions in the most private corners of our lives – sex, relationships, birth control – we, the people, have launched this manifesto: seven principles which unite us in our quest to claim control over our bodies, health and the personal decisions that affect our futures.

We declare that:

- 1 **Consensual sex is never a crime – whatever our sex, sexuality, gender identity or marital status.**
- 2 **Seeking an abortion – or helping someone get one – does NOT make us criminals.**
- 3 **Affordable, confidential and quality health services, including access to contraception, is not a luxury – it's a human right.**
- 4 **Education and information on sex and relationships must be based on scientific evidence, and should be available to everyone.**
- 5 **We all have the right to live free from all forms of violence, including rape.**
- 6 **We have the right to have a say in the laws, policies and programmes that affect our bodies and our lives.**
- 7 **If we are denied any of the above, we have the right to report it, have it investigated and be confident that justice will be served.**

These declarations are not just expressions of belief. They are rooted in human rights that are enshrined in international standards that place obligations on our governments.

It's time for our governments to deliver on these obligations. Only then will we be truly empowered to make our own decisions about our bodies, our lives and our futures.

Endorse the My Body My Rights Manifesto:
bit.ly/mbmr_manifesto

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