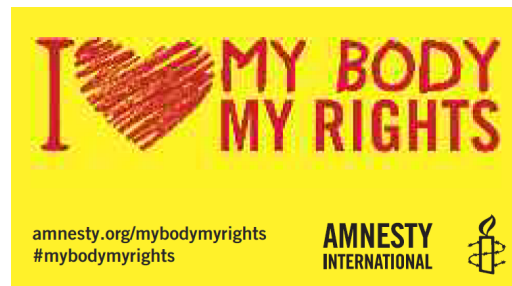


ORGANIZE! EDUCATE! INSPIRE!

Want to do more but not sure what you can do? We have ideas for you!

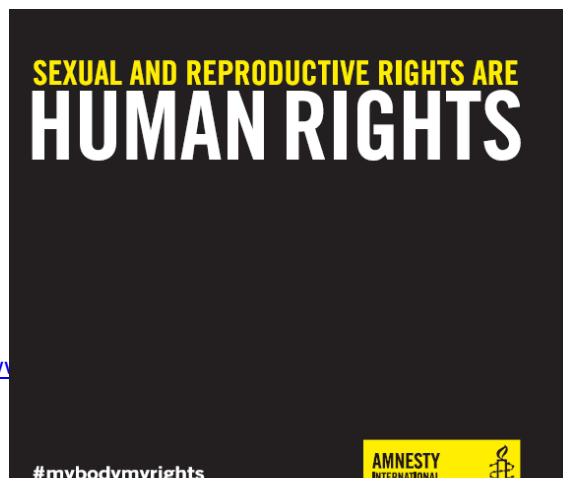
Ideas for you to **take action NOW**
Sexual and Reproductive Rights are Human Rights!
GET BUSY!



note: SRHR= Sexual and Reproductive Health Rights

1. **Join the Women's Human Rights Action Network.** Sign up at: <http://eepurl.com/lCr3H>, and be sure to follow us on Facebook and Twitter!
2. **Take our online quiz!** Test what you know about sexual & reproductive health rights. There are prizes to be won! Linked on our webpage.
3. **Hold a butterfly art-making event.** Set up a table and have butterfly outlines that people can decorate in many creative ways (glitter for everyone!). Use our butterfly solidarity action on our webpage to write messages of hope to human rights defenders in Nicaragua. Then mail them off!
4. **Make My Body, My Rights posters** and send the photos to Amnesty's Flickr page at <http://www.flickr.com/groups/mybodymyrights> (in fact, send photos of *any* activity you do for My Body, My Rights!). You post directly to the Flickr group if you join, or email them to who05filled+private@photos.flickr.com. Add the title of your photo in the subject field.
5. **Make a Youtube video** or Public Service Announcement about SRHR. Many people don't know much about human rights, especially about sexual and reproductive rights. Help everyone understand why sexual and reproductive rights are human rights!
6. **Host a film screening** of *No Woman, No Cry* <http://everymothercounts.org/film>
7. **Host a Write-a-thon** event. Gather SRHR actions (linked reports on the webpage) and write letters!
8. **Create a photo or video log** asking people what their sexual and reproductive rights mean to them.
9. **Human Rights Happy Hour!** Looking for a way to get the conversation going about sexual and reproductive rights? Happy hour may be the answer!
10. Have a sexual and reproductive rights **bake sale** (give out SRHR facts with your goodies!)
11. **Hike** for human rights—get people together having fun! Have SRHR info on hand.
12. **JAMnesty** music event or concert—bands, music, dancing, and SRHR information!
13. Country-specific **dinner party**—choose a country featured in one of the many reports about sexual and reproductive rights and host a dinner. Use it as an opportunity to learn more about the country and the SRHR issues at stake.
14. Design your own **My Body, My Rights posters** and hang them prominently on campus, in your apartment, or, with permission, at a local café
15. Host a Sexual and Reproductive Health Rights **Panel discussion**
16. Host a well-known **speaker on SRHR**
17. **Dance marathon**—enough said.
18. **Chalk sidewalks** with My Body, My Rights messages
19. Hold a maternal mortality **Candlelight Vigil**
20. Organize a **demonstration**, rally, or silent protest
21. Get the facts and **give a presentation** to students, community groups, or religious places

Unless otherwise noted, the downloadable materials are at [wv](#)



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22. **Table** at farmers' markets, fairs, festivals- reach out to more people!
23. **Co-sponsor** events with community partners
24. Hold "**Community Conversations**" at a café – get people talking about sexual and reproductive health rights!
25. **Build Relations** with like-minded groups (power in numbers!)
26. **Public display** of items with My Body, My Rights messages (sexual and reproductive rights are human rights!)
27. Hold a community essay/video/art **contest**—let people be creative in expressing why sexual and reproductive rights matter to them.
28. Perform **street theatre**
29. Plan a 5k/10k **fun-run/walk**
30. **Canvass** for signatures in a public place
31. **Visit your legislators** about sexual and reproductive health rights
32. Publish an **op-ed** in your local newspaper
33. Write **Letters to the Editor** of your local newspaper
34. Work with reporters to **write a story** on sexual and reproductive health rights
35. **Publish a blog** on sexual and reproductive health rights



Have ideas yourself? Email us your great event ideas (and event successes!) at WHR@aiusa.org