

**Abortion Rights Postcard Action**  
**16 Days of Activism Against Gender-Based Violence (Nov 25-Dec 10)**

To force anyone to carry a pregnancy for any reason is a form of gender-based violence. US state officials considering abortion bans need to see that the world is watching their state and that we demand our rights-- including the right to abortion and to live free from gender-based violence!

We will collect postcards from around the world to send to state officials in our key target states. Any postcard design works, but you can also use postcards with pictures of your country on them, your country's landmarks and national parks, etc., to emphasize the global pressure.

**Target name:**

*Note: for 16 Days of Activism Against Gender Based violence (Nov 25-Dec 10) , we will target the state of Virginia. In 2023, we will return to this action to target other states' leaders.*

- Governor Glenn Youngkin (Virginia)

**Sample text:**

Dear XX,

I'm writing to you all the way from [COUNTRY] to urge you to protect the right to abortion for people in [STATE]. Access to safe abortion is a human right, and I urge you to work with legislators to fully protect the right to abortion. [Abortion is healthcare OR No one should have to travel all the way to MY COUNTRY to get a safe abortion] ] The world is watching [STATE]!

Regards,

[FIRST NAME, LAST NAME]

**Mail your postcards to Amnesty USA:**

All postcards should be sent to AI USA so we can count how many people took action; we will then mail these postcards to state officials. We need to receive these postcards by January 15, 2023. Address postcards to:

Amnesty International USA  
ATTN: Tarah Demant

600 Pennsylvania Ave, SE, 5th Floor  
Washington DC, 20003