

# 'IT'S MY BODY'

YOUTH CASE STUDY: AMNESTY INTERNATIONAL CHILE



## SUMMARY

“It’s My Body” is a regional programme which is implemented in Peru, Argentina and Chile. The programme is run by youth and for youth, primarily working with young people between the ages of 13 and 19. The programme aims to use playful and participatory forms of human rights education to help empower young people to know and claim their sexual and reproductive rights.



## DESCRIPTION

‘It’s My Body!’ has created a network of young people who are raising awareness of sexual and reproductive rights: what they are, the most common violations and how to achieve enjoyment of these rights. The programme works to build youth leaders and provide tools and activism strategies through workshops and participatory human rights education. It aims to build networks and strategic alliances among youth movements, NGOs, government and academic institutions that work on sexual and reproductive rights. Through the programme young people are able to claim a space in the public debate, influencing public decision making and raising awareness. Young people are involved in all aspects of the programme. Norwegian youth from *Operation Day’s Work* chose this project for their fundraising event, and South American youth activists are taking charge of the implementation. A clear pathway has developed for young people to become involved. Once they hear about the project they attend a workshop facilitated by their peers. They then support another workshop and are eventually invited to facilitate on their own with the support of a project organizer. This open pathway to participation is building a network and youth movement beginning in Peru, Argentina and Chile to defend sexual and reproductive rights!

“This is the best youth meeting of Amnesty International that I have participated in.”  
- Emilia (Youth Team Coordinator)

## OBJECTIVES

- Increase young people’s access to information on sexuality, sexual and reproductive rights, and sexual and reproductive health services.
- Empower young people to take action and promote sexual and reproductive rights.
- Build capacity for young people and youth movements to influence decision making and ensure education on sexual and reproductive rights and relevant health services are readily accessible.



## IMPACT

The impact of the program is reflected in the youth leadership which is seen at all levels of the programme and in the growing network of youth activists who are creating and organizing their own actions to promote sexual and reproductive rights. The program is designed, financed, executed and evaluated by young people and the evidence that young people are successfully being reached is found in the developing networks throughout the region.

## TIPS AND TRICKS

- *Foster peer to peer human rights education!* Utilizing peer to peer educational techniques builds trust and as well as youth networks.
- *Adults: share the decision-making space!* The adult allies working on this project found it liberating to practice sharing the decision-making space with youth leaders.
- *Let youth lead!* The formula that this project uses is youth leaders and adult advisors, allowing for youth-led intergenerational collaboration.
- *Be creative!* In this project, the young activists created extensive content for the campaign to share from posters to videos.
- *Create pathways for participation!* Having a welcoming environment and defined way to participate facilitates broader youth involvement!

## STAKEHOLDERS

- In Chile, the project is primarily run by *Amnesty International Chile*.
- *Operation Day's Work* in Norway is the funder of the project.
- *Amnesty International Norway, Americas Regional Office* and the *Global HRE Programme* are supporting the programme through coordination and implementation.
- In Chile, one partner organization is the *Fundación para la Superación de la Pobreza*.
- In Chile, Peru and Argentina, many other organizations and groups have collaborated on the programme in different ways. For example, *Colectivo Lemebel* collaborated with the project in Chile to organize non-sexist education workshops on sexual rights.

“I had never been asked what I thought before.”

- Youth Activist

## SOFIA IN THE SPOTLIGHT

One of the three most active youth leaders is *Sofia*: “In my family, my mum was the bread-winner. When I was young, she decided to invest a significant share of her salary on my education as good education is not free in Chile. I went to a religious school and even though I learned languages and science, gender-based violence were part of my everyday life. The harassment was so hard that I decided to be home-schooled. Later, I discovered Amnesty International’s programme ‘It’s My Body!’ which empowers young activists to advocate for sexual and reproductive rights through human rights education in Argentina, Chile and Peru. I could not help but be motivated to take part. I believe it is important to give young people a real prominence in this programme, from the foundations to its ideological creation. Now, we are getting together with young people from South America to take action for human rights as we are trying to break down the absurd historical and cultural barriers that have been imposed on us.”



## LEARN MORE!

- Hear more from activists [here](#).
- Learn more about [Sofia's story](#).
- For more information contact Beatriz from Amnesty International Chile at [activista@amnistia.cl](mailto:activista@amnistia.cl).

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