



**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



**WRITE A LETTER
CHANGE A LIFE**

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VEZ VOTRE MESSAGE DE SOLIDARITÉ

WRITE A LETTER CHANGE A LIFE

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Welcome to Amnesty International's Write for Rights letter-writing kit. Here you will find everything you need to take part in Write for Rights 2026.

This year marks the 25th anniversary of Write for Rights. Since 2001, millions of people around the world have come together with a simple but powerful belief: that ordinary people, wherever they are, can help change someone else's life. Together, they have helped secure the release of people unlawfully detained, reunite families, challenge abusive laws and remind countless individuals that they have not been forgotten.

As we celebrate this milestone, the campaign's message is more relevant than ever.

Around the world, authoritarian practices are becoming increasingly common. Governments and authorities are silencing dissent, weakening the rule of law and restricting the freedoms that allow people to live with dignity. The consequences are deeply personal. Some people are imprisoned for peacefully expressing their views. Others are targeted because of who they are, who they love, or criminalized

simply because they were in the wrong place at the wrong time.

The nine people featured in this year's campaign come from different countries and backgrounds, but together their stories reveal a troubling global pattern. Behind every story is a person whose rights and freedoms have been violated – and whose courage reminds us why taking action matters.

Whether you write as part of an event, with friends, in a classroom or on your own, your words matter. Every letter, every signature and every message tells someone facing injustice that they are not alone, while putting pressure on those with the power to make change happen.

Twenty-five years of Write for Rights has shown that when people act together, lives can change. Now it's your turn to help write the next chapter.





“Not only did this campaign bring awareness to his case, but it was done in such a way that honoured Rocky as a person, father, and grandfather. I know the outpouring of support meant the world to Rocky, and to know that so many people felt called to action is truly inspiring.”

Miriam Bankston, member of Rocky Myers' legal team, USA

Rocky Myers, a Black man with an intellectual disability, spent three decades on death row in Alabama for murder. Rocky was convicted following testimonies blighted by inconsistencies and alleged police pressure. He was sentenced to death by a judge who imposed a death sentence against the jury's wishes, a practice abolished in Alabama in 2017 but never applied retroactively to Rocky or others like him.

Rocky featured in Write for Rights 2023, leading to huge global campaigning calling for the governor of Alabama to grant him clemency and commute his death sentence. In February 2025, this was granted. Rocky's fight for justice is not over, as his death sentence was commuted to life imprisonment without the possibility of parole, but the threat of the execution has been stopped.

WHAT IS WRITE FOR RIGHTS?

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A letter can change someone's life.

That's the idea behind Write for Rights, our global letter-writing campaign.

Twenty-five years ago, a small group of activists in Poland decided to run a 24-hour letter-writing marathon for 10 December – Human Rights Day. The idea took off and today, Write for Rights has grown into the world's biggest human rights campaign.

Every December, supporters across the globe write millions of letters, cards, and social media posts, and sign petitions supporting people whose basic human rights have been or continue to be attacked.

These supporters form a vibrant community of 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?

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1

People in more than 200 countries and territories take part in all kinds of events

2

Writing millions of letters, emails, social media posts and signing petitions

3

Supporting people whose rights have been violated

4

Putting pressure on governments, leaders and decision-makers

5

Showing love and support for people and their families

6

And making change happen – releasing activists, securing justice for those whose rights have been wronged and protecting people who fight for change

WHY DO WE NEED TO TAKE ACTION?

For 25 years, Write for Rights has shown that collective action works. At a time when human rights and freedoms are under increasing pressure around the world, every letter, signature and message adds to a global movement calling for justice, putting pressure on authorities and reminding people facing injustice that they have not been forgotten.

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WHO DO WE WRITE TO?

Every year, we ask supporters to write two types of letters. One is to the person in authority – it could be a president, attorney general or government minister – who can help make change happen. The other letter is to the person (or group of people) we are fighting for, so they know we are supporting them.



DOES IT WORK?

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.

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WHEN DOES IT HAPPEN?

Write for Rights centres around Human Rights Day on 10 December but precise dates will vary depending on where in the world you live. Check your local Amnesty website for details.





“You reached out to us at the point when we most needed it. My son was sick, my mother was sick. My being in prison had had such an impact on my mum, she was weakened by it. This campaign gave her strength. It encouraged all of us. So I don’t know how to thank Amnesty enough.”

Dorgelesse Nguessan from Cameroon

In September 2020, concerns about the state of Cameroon’s economy led Dorgelesse Nguessan to protest for the first time. During the peaceful demonstrations, Dorgelesse was arrested. She was charged with “insurrection, assembly, meetings and public demonstrations” and sentenced to five years in prison. Following her participation in Write for Rights 2022, in January 2025 Dorgelesse was released and reunited with her family.

HOW TO WRITE FOR RIGHTS

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1 READ THE STORIES

This year, Write for Rights features a range of people, young and old, all of whom have had their freedoms attacked. They are from eight countries, and you will find eight information sheets enclosed at the end of this kit, summarizing their stories. Take a look.

2 PRINT OUT OUR SPECIALLY DESIGNED STATIONERY

We've created a selection of special **Write for Rights** stationery for you to download, print and use for your letters. Please note, however, that this stationery should **not** be used when writing to **Imaan Mazari-Hazir & Hadi Ali Chattha**, **Daria Egereva** or **Owen Chow**. In Pakistan, Russia and Hong Kong, references to Amnesty International or its branding may prevent letters from reaching their intended recipient. For these cases, please write your letter on your own paper instead. This gives it the best possible chance of being delivered.

3 WRITE YOUR LETTERS

At the back of each information sheet are two addresses. One is to a government or similar authority: that's the target address. This is the person in authority we are trying to persuade to help the person or people featured. (To make things easier, we've put these addresses on the sample target letters as well: see point 4 for more information.) The second is for a solidarity letter 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 and be creative.



HOW TO WRITE FOR RIGHTS

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4 USE THE SAMPLE TARGET LETTERS IF YOU NEED THEM

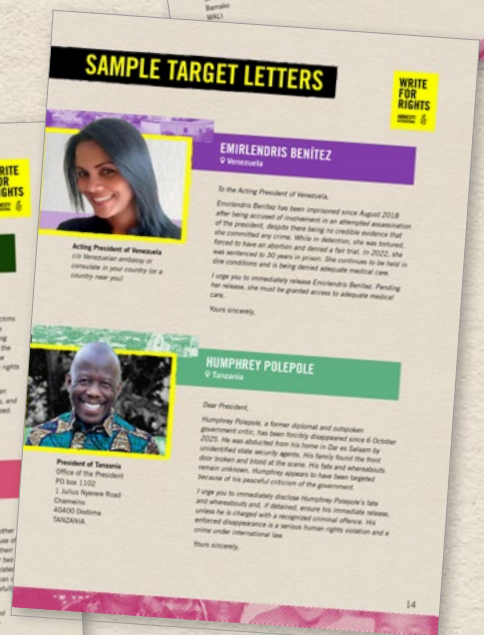
This kit contains eight sample letters to your target. You can either copy these out in your own handwriting (great!), or rewrite them, adding your own words (even better!). You can write as few or as many as you like.

5 POST YOUR LETTER ONLINE AND TAG US

Once you've written your letter, please take a photo of it (or a part of it) and post it on your social media channels, tagging it #W4R26. Please also tag @amnesty in your posts on X and Instagram so we can find you.

6 POST YOUR LETTER OFFLINE!

You've written to an 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!**



WHY DOES SOLIDARITY MATTER?

You might think that writing to someone you don't know will make no difference, or that they won't want to hear from you. But if you're locked up, in fear for your life, or desperately seeking justice for a loved one, having someone tell you they believe in you can matter a lot. They may feel anxious and alone, and your words will bring comfort and hope to them.

“It was very enriching, and it also gave us much more strength to keep going, because there were many letters, many people who were always telling us, ‘Don’t give up, girls, don’t give up. Even if the state violates your rights, it has to take responsibility for its actions’... They gave us lots of hugs, lots of letters, lots of gifts. It was really lovely, really nice, to know that we are not alone, and that we always have company, thanks to Amnesty International and other organizations that have supported us in this struggle and fought alongside us.”

Dannya Bravo, member of Guerreras por la Amazonía

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Through Write for Rights 2025, Dannya Bravo and the other members of Guerreras por la Amazonía experienced the power of global solidarity in their fight for climate justice. The Guerreras are a group of girls and young women from Ecuador's northern Amazon campaigning to end the gas flaring that harms their communities, despite a 2021 court ruling ordering the elimination of the gas flares. As part of the campaign, Dannya travelled to Europe to share the Guerreras' experiences with decision-makers, Amnesty International supporters and other young activists, helping to build international support for their struggle. In April 2026, Amnesty International joined members of the Guerreras in delivering signatures from supporters around the world to Ecuador's Ministry of Environment and Energy. Following this action, the ministry announced the creation of technical working groups involving government institutions and affected communities. While this is not yet fully compliant with the ruling, it is an important first step towards accountability and change – and one that would not have been possible without the pressure and solidarity shown by supporters worldwide.

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SAMPLE TARGET LETTERS

There are eight sample target letters. Feel free to either copy these out in your own handwriting or, even better, rewrite them, adding your own words. You can write on our special printable **Write for Rights** stationery or use your own paper. Please note that for **Imaan Mazari-Hazir & Hadi Ali Chattha**, **Daria Egereva** and **Owen Chow**, you should use your own paper rather than the campaign stationery. 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!

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SAMPLE TARGET LETTERS

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AYACHI HAMMAMI

📍 Tunisia

President of the Republic of Tunisia

Presidency of the Republic of Tunisia
Carthage Presidential Palace
Route de La Goulette
Tunis
TUNISIA

Your Excellency,

Ayachi Hammami is a prominent human rights lawyer who has dedicated his life to defending justice, the rule of law and human rights. On 2 December 2025, he was arrested to begin serving an unjust five-year prison sentence imposed after an unfair trial on politically motivated charges in the so-called "conspiracy case".

He was sentenced solely for peacefully exercising his human rights and carrying out his professional duties as a lawyer and should never have been arrested in the first place.

I urge you to immediately and unconditionally release Ayachi Hammami, quash his unjust conviction and sentence, and end the misuse of the criminal justice system to silence lawyers, human rights defenders and other peaceful critics.

Yours sincerely,



DARIA EGEREVA

📍 Russia

Head of the Investigative Committee of the Russian Federation

Investigative Committee of
the Russian Federation
2 Tehnicheskiy Pereulok
105005 Moscow
RUSSIAN FEDERATION

Dear Head of the Investigative Committee of the Russian Federation,

Daria Egereva is an Indigenous rights defender and climate activist who has peacefully worked to protect Indigenous Peoples' rights, including their cultures, languages and use of traditional lands. On 17 December 2025, she was detained and charged with "participation in the activities of a terrorist organization" solely because of her human rights work. She now faces up to 20 years in prison.

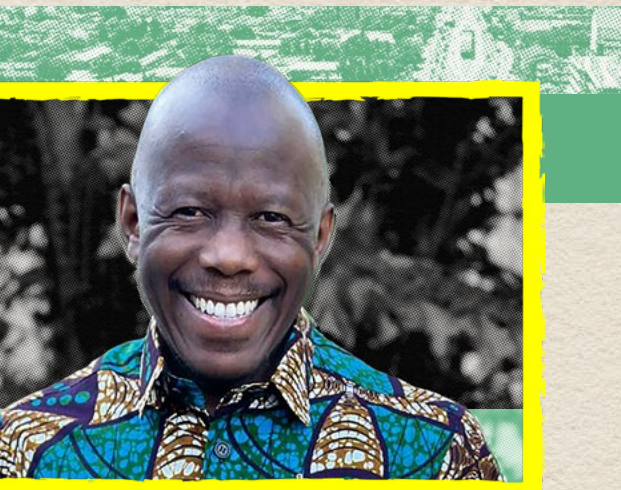
I urge you to immediately and unconditionally release Daria Egereva, drop all charges against her, and end the repression of Indigenous rights defenders and other peaceful activists in Russia.

Yours sincerely,

SAMPLE TARGET LETTERS

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President of Tanzania

Office of the President
PO box 1102
1 Julius Nyerere Road
Chamwino
40400 Dodoma
TANZANIA

HUMPHREY POLEPOLE

📍 Tanzania

Dear President,

Humphrey Polepole, a former diplomat and outspoken government critic, has been forcibly disappeared since 6 October 2025. He was abducted from his home in Dar es Salaam by unidentified state security agents. His family found the front door broken and blood at the scene. His fate and whereabouts remain unknown. Humphrey appears to have been targeted because of his peaceful criticism of the government.

I urge you to immediately disclose Humphrey Polepole's fate and whereabouts and, if detained, ensure his immediate release, unless he is charged with a recognized criminal offence. His enforced disappearance is a serious human rights violation and a crime under international law.

Yours sincerely,



Prime Minister of Pakistan

Prime Minister's Office
Constitution Avenue
Sector G-5/2
Islamabad 44010
PAKISTAN

IMAAAN MAZARI-HAZIR AND HADI ALI CHATTHA 📍 Pakistan

Honourable Prime Minister,

Imaan Mazari-Hazir and Hadi Ali Chattha are human rights lawyers who have dedicated their careers to representing victims of state oppression in Pakistan. In January 2026, they were given long prison sentences for social media posts expressing solidarity with Baloch and Pashtun activists and criticizing the Pakistan military. Their convictions reflect the misuse of the justice system to silence peaceful critics, including human rights lawyers.

I urge you to immediately and unconditionally release Imaan Mazari-Hazir and Hadi Ali Chattha, quash their convictions, and ensure that all outstanding charges against them are dropped.

Yours sincerely,

SAMPLE TARGET LETTERS

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MARWA ARAFA

📍 Egypt

President of Egypt

Office of the President
Al-Ittihadiya Palace
Al Nadi, El-Montaza, Heliopolis
Cairo Governorate 4460210
EGYPT

Your Excellency,

Marwa Arafa is a human rights activist, translator and mother who has been arbitrarily detained for over six years because of her peaceful activism supporting detained children and their families. In April 2020, she was forcibly disappeared for two weeks before being charged with unfounded terrorism-related offences. She now faces an unfair trial on charges that can carry life imprisonment. She should not be detained for peacefully exercising her human rights.

I urge you to ensure that Marwa Arafa is immediately and unconditionally released and all charges against her are dropped.

Yours sincerely,



OWEN CHOW

📍 Hong Kong

Chief Executive's Office

Tamar
HONG KONG

Dear Chief Executive,

Owen Chow is a former nursing student who has been convicted of "conspiracy to commit subversion" under the National Security Law after standing in unofficial "primaries" for elections to be held in Hong Kong in 2020. He was arrested in 2021 and by 2024 had been sentenced to more than 12 years in prison. His prosecution and conviction are part of a wider crackdown on the rights to freedom of expression, peaceful assembly and political participation in Hong Kong.

I urge you to immediately and unconditionally release Owen Chow and stop using the National Security Law to criminalize the peaceful exercise of human rights.

Yours sincerely,

SAMPLE TARGET LETTERS

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ROKIATOU DOUMBIA

📍 Mali

Minister of Justice and Human Rights

Ministry of Justice and Human Rights
Cité Administrative
Bâtiment 12, 3e étage
BP 97
Bamako
MALI

Dear Minister of Justice,

Rokiadou Doumbia is a business owner, activist and social media influencer who has long supported women and families in her community. In March 2023, after criticizing rising living costs and Mali's military authorities during a TikTok livestream, she was arrested and charged. In August 2026, Rokiadou was sentenced to 10 years' imprisonment, including seven years to be served in prison and three years suspended, for "discrediting the state" and "criminal conspiracy". She should not be detained simply for expressing her views.

I urge you to grant Rokiadou's immediate and unconditional release.

Yours sincerely,



RUTH LÓPEZ

📍 El Salvador

Attorney General of the Republic of El Salvador

Attorney General's Office of the
Republic of El Salvador
Avenida El Boquerón y Calle Izalco
Urbanización Santa Elena
Distrito de Antiguo Cuscatlán
Municipio de La Libertad Este
La Libertad
EL SALVADOR

Dear Attorney General,

Ruth López is a lawyer and human rights defender who has spent years speaking out against corruption and human rights abuses in El Salvador. In May 2025, she was arrested at her home and remains in pretrial detention. Amnesty International has declared Ruth as a prisoner of conscience, detained solely for peacefully exercising her human rights. Her detention raises serious concerns about the increasing use of the criminal justice system to silence critical voices in El Salvador.

I urge you to immediately and unconditionally release Ruth López and drop all charges against her.

Yours sincerely,

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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance.

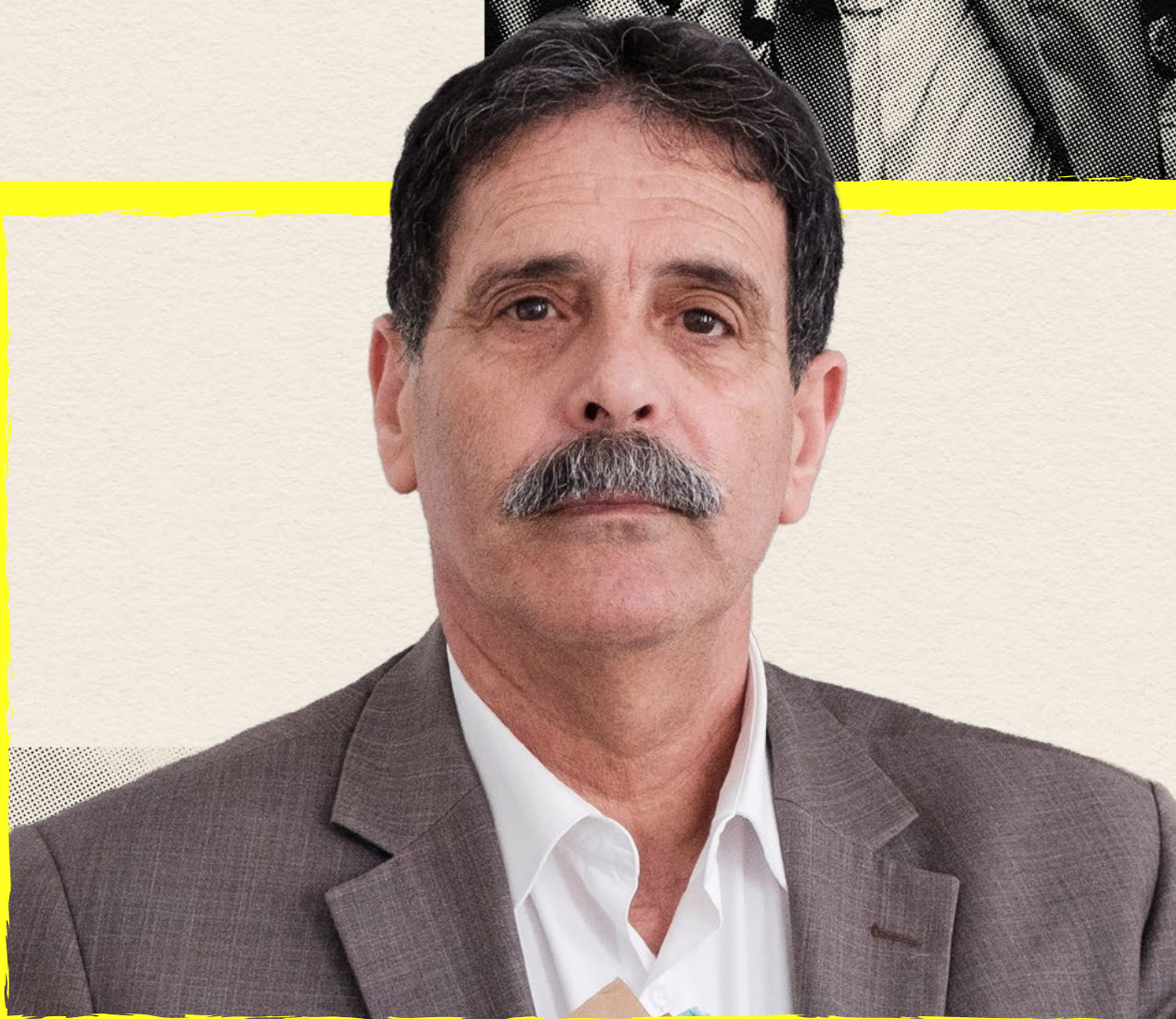
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AYACHI HAMMAMI

 **TUNISIA**



**TARGETED FOR SPEAKING
TRUTH TO POWER**

AYACHI HAMMAMI

📍 TUNISIA



Ayachi Hammami is a Tunisian human rights lawyer, husband, father and grandfather who has spent decades defending victims of injustice and speaking out for human rights and judicial independence. Friends describe him as a “young soul” who loves astronomy, classical music and long walks with his dog, Arya.

Since President Kais Saied's power grab in 2021, Ayachi has openly criticized the growing repression and authoritarian practices in Tunisia and has defended lawyers, judges, journalists and opposition figures targeted for peaceful dissent. After representing defendants in the notorious “conspiracy case” – a mass prosecution in which opposition figures were accused of plotting against state security – he was himself accused of terrorism-related offences in the same case.

In April 2025, following a sham trial that lasted only minutes, Ayachi was sentenced to eight years in prison. An appeal court reduced his sentence to five years in November 2025. He was jailed in the following days and went on a 45-day hunger strike to protest his arbitrary detention.

Ayachi's imprisonment exposes how Tunisian authorities are increasingly abusing the criminal justice system to punish critics, intimidate lawyers and silence those who challenge abuses of power. Yet even in prison, Ayachi continues to inspire others through his courage and integrity.

Call for the immediate and unconditional release of Ayachi Hammami, as he is detained solely for his peaceful human rights activism and legal work.

WRITE TO THE PRESIDENT OF TUNISIA

Demand the immediate and unconditional release of Ayachi Hammami, as he is detained solely for peacefully exercising his human rights and carrying out his professional duties as a defence lawyer and human rights defender.

ADDRESS: President of the Republic of Tunisia
Presidency of the Republic of Tunisia
Carthage Presidential Palace
Route de La Goulette
Tunis
TUNISIA

Letters and postcards can also be sent to embassies and consulates in your own country.

SALUTATION: Your Excellency

X: @TnPresidency
FACEBOOK: www.facebook.com/Presidence.tn
HASHTAGS: #FreeAyachiHammami,
#Tunisia, #W4R26

SHOW AYACHI SOLIDARITY THROUGH ART AND MESSAGES OF HOPE

Send Ayachi messages of support, or draw him speaking out for justice, spending time with loved ones, or enjoying the things that bring him happiness – like walking his dog or looking up at the stars. You can also recommend books in French or Arabic for him to read in prison, on topics such as history, philosophy, science or inspiring memoirs.

ADDRESS: Ayachi Hammami
29 Rue du 2 Mars 1934
2013 Ben Arous
TUNISIA

FACEBOOK: www.facebook.com/ayachi.hammami1
INSTAGRAM: free_ayachi
WEB: freeayachi.net

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DARIA EGEREVA

📍 **RUSSIA**



**PUNISHED FOR
PROTECTING HER PEOPLE**

DARIA EGEREVA

📍 RUSSIA

Daria Egereva has spent her life protecting people, culture and the environment. Born in Siberia and part of the Selkup Indigenous People – who number only around 3,500 – she trained as a teacher before becoming a respected advocate for Indigenous rights and climate justice. Friends describe her as warm, sociable and deeply compassionate. She loves reading and long walks outdoors, and often speaks about growing up in the taiga, surrounded by vast evergreen forests where she gathered berries with her family and built a lifelong connection with nature.

Today, Daria faces up to 20 years in prison for her peaceful human rights work. In December 2025, Russian authorities detained Daria and accused her of involvement with an Indigenous rights network they had labelled “terrorist”, even though her work focused on protecting Indigenous lands, languages and cultures.

Daria’s experience reflects a wider pattern in which accusations of “extremism” and “terrorism” are being used against activists, helping those in power silence independent voices and discourage others from speaking out. Yet Daria refused to abandon her values. Even when facing pressure and threats, she continued defending her people and their rights with courage and determination.

Call for the immediate and unconditional release of Daria Egereva and for an end to the repression of Indigenous activists exercising their rights across Russia.

WRITE TO THE HEAD OF THE INVESTIGATIVE COMMITTEE OF THE RUSSIAN FEDERATION

Demand Daria Egereva’s immediate and unconditional release, and the end of repression against Indigenous activists across Russia.

ADDRESS: Head of the Investigative Committee
of the Russian Federation
Investigative Committee of
the Russian Federation
2 Tehnicheskiy Pereulok
105005 Moscow
RUSSIAN FEDERATION

SALUTATION: Dear Head of the Investigative
Committee of the Russian Federation

SOCIAL MEDIA: Help amplify the message by tagging
Russian embassies and consulates
in your country via social media.

HASHTAGS: #FreeDariaEgereva,
#ProtectIndigenousRights, #W4R26

SEND DARIA MESSAGES OF HOPE AND SOLIDARITY

Please write in Russian and do not mention Amnesty International, or your messages might not reach her.

Suggested message:

Дорогая Дарья, мы узнали вашу историю и
очень вдохновились вашей работой. Леса, реки
и вся наша природа должны быть защищены.
С приветом и солидарностью

Dear Daria, we have learned about your story and are
deeply inspired by your work. Forests, rivers, and all our
nature must be protected. With greetings and solidarity,

ADDRESS: Egereva Daria Anatolyevna, 1977
FKU SIZO-6
92 Shosseynaya Street
109383 Moscow
RUSSIAN FEDERATION
(Including Daria’s full name and
year of birth is essential.)

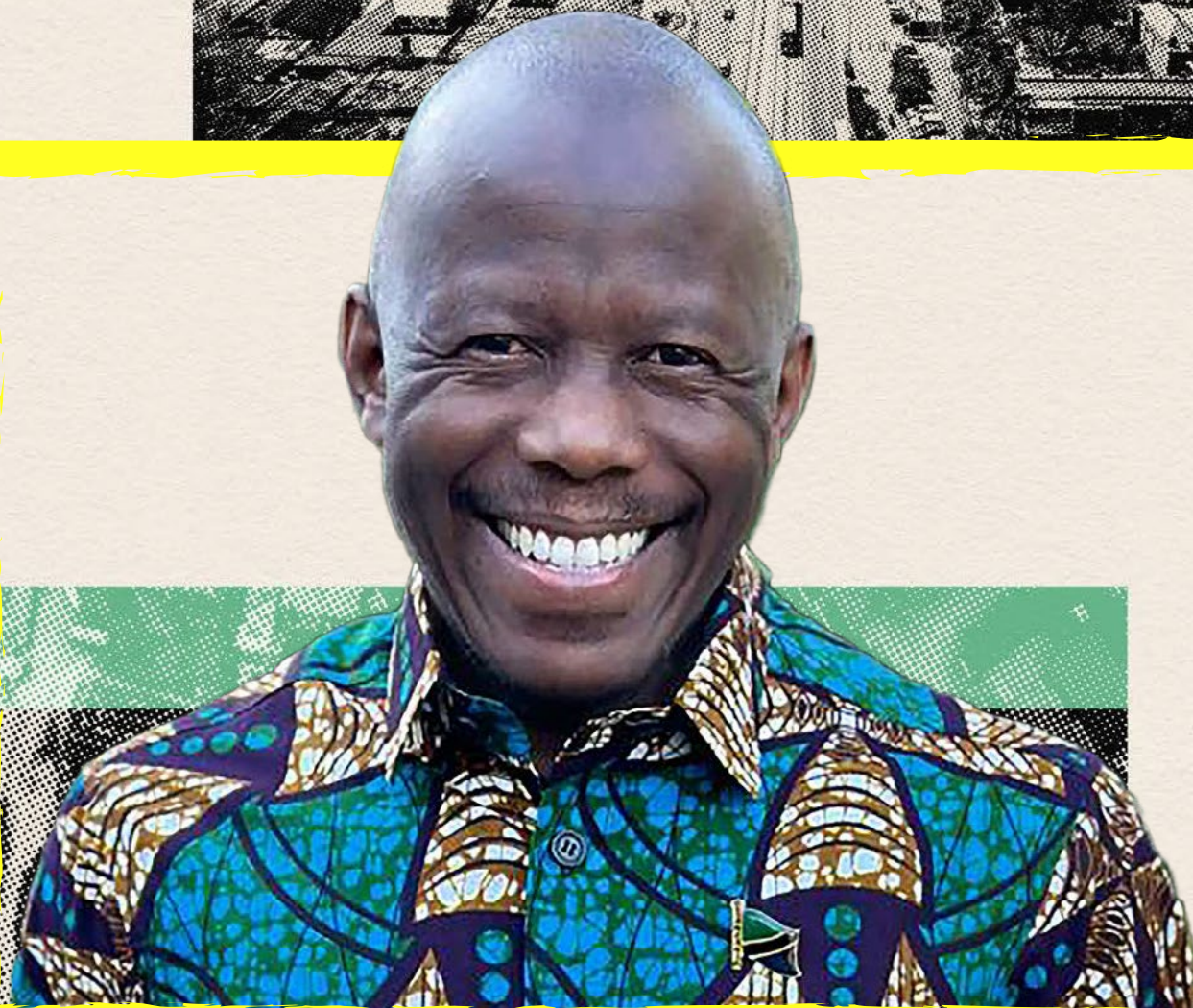
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HUMPHREY POLEPOLE

📍 TANZANIA



**FORMER DIPLOMAT
AND GOVERNMENT CRITIC
FORCIBLY DISAPPEARED**

HUMPHREY POLEPOLE

📍 TANZANIA

On 6 October 2025, Humphrey Polepole – a former diplomat and government critic – was abducted from his home in Dar es Salaam, Tanzania, by unidentified state security agents. His family found the front door broken and a significant amount of blood at the scene.

Humphrey's family and friends have been unable to reach him since. His mother frequently walks around her home crying and calling out "Humphrey, where are you, where are you?"

Humphrey appears to have been targeted because he is an outspoken government critic, having criticized President Samia Suluhu Hassan and the ruling party for restrictions on civic space, crackdowns on human rights, and attacks on political opposition members.

Humphrey is an active and loving member of his community. In his free time, he supports vulnerable people, regularly visiting orphanages and organizing seminars for the youth on political participation. His family – including his elderly mother, who he cares for, and beloved dog, Fighter – miss him dearly. He should be at home with them.

His enforced disappearance – a crime under international law – is an example of the Tanzanian authorities' use of authoritarian practices employed to punish and silence dissenting voices.

Call on the Tanzanian authorities to immediately disclose Humphrey's fate and whereabouts.

WRITE TO THE PRESIDENT OF TANZANIA

Demand that she orders the disclosure of Humphrey Polepole's fate and whereabouts and, if detained, his immediate release.

ADDRESS: President of Tanzania
Office of the President
PO box 1102
1 Julius Nyerere Road
Chamwino
40400 Dodoma
TANZANIA

SALUTATION: Dear President

EMAIL: cs@gov.go.tz

X: @SuluhuSamia

HASHTAGS: #WhereIsHumphreyPolepole,
#FreeHumphreyPolepole,
#JusticeForPolepole, #W4R26

STAND WITH HUMPHREY POLEPOLE'S FAMILY AS THEY DEMAND ANSWERS

Send Humphrey's family messages of hope and support. Let them know that they are not alone in wanting Humphrey to be returned safely to them. "Mapambano lazima yaendelee mpaka ushindi upatikane" loosely translates to: "The struggle must continue until victory." Humphrey liked this famous Che Guevara phrase. You can include this quote in your messages.

ADDRESS: Humphrey Polepole's family
c/o Amnesty International
East Africa Regional Office
197 Lenana Place, Lenana Road
PO box 1527-00606
Nairobi
KENYA

HASHTAGS: #WeStandWithHumphrey,
#SolidarityForPolepole,
#StandStrongPolepole,
#YouAreNotAloneHumphrey,
#W4R26

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IMAAAN MAZARI-HAZIR AND HADI ALI CHATTHA

📍 PAKISTAN



MARRIED LAWYERS JAILED FOR DEFENDING HUMAN RIGHTS

IMAAAN MAZARI-HAZIR AND HADI ALI CHATTHA

📍 PAKISTAN



Imaan Mazari-Hazir (right) and Hadi Ali Chattha (left) are human rights lawyers. They are also a married couple in their thirties who met while representing a mutual client in court. When they're not working long hours, they love eating out together and meeting up with friends.

The pair have dedicated their careers to representing victims of state oppression – something that is not without risk in Pakistan. Despite threats and harassment by the authorities, they bravely persisted.

Imaan said: “Not once have I considered stopping my advocacy work due to these threats. If you keep looking over your shoulder, it derails you from the cause and your detractors win.”

On 24 January 2026, Imaan and Hadi were given long prison sentences for their posts on social media expressing solidarity with Baloch and Pashtun activists and criticizing the Pakistan military. Their conviction reflects the Pakistani authorities' use of the justice system to crack down on freedom of expression, silencing critics and punishing lawyers to consolidate their power and control.

Imaan and Hadi should be doing their vital work and the things they love. Instead, they have been locked up and kept apart.

Imaan Mazari-Hazir and Hadi Ali Chattha must be unconditionally released and all charges against them dropped immediately.

WRITE TO THE PRIME MINISTER OF PAKISTAN

Demand the immediate and unconditional release of Imaan Mazari-Hazir and Hadi Ali Chattha, the quashing of their convictions and that any outstanding charges against them are dropped, as they result solely from their human rights activism.

ADDRESS: Prime Minister of Pakistan
Prime Minister's Office
Constitution Avenue
Sector G-5/2
Islamabad 44010
PAKISTAN

SALUTATION: Honourable Prime Minister

NOTE: Please do not use Amnesty International branding on your letters or envelopes

EMAIL: info@pmo.gov.pk
X: @ThePMOPAK, @CMShehbaz
HASHTAGS: #ReleaseImaanAndHadi, #W4R26

LET IMAAN AND HADI KNOW YOU ARE WITH THEM

Send them your messages of friendship and hope to help keep their spirits strong. You can also include your poetry or sketches of Imaan and Hadi with the families of forcibly disappeared people and people accused of blasphemy – both causes very close to their hearts.

ADDRESS: Imaan Mazari-Hazir and Hadi Ali Chattha
c/o Amnesty International South Asia
23/2 Horton Place
Colombo 7, 00700
SRI LANKA

X: @ImaanZHazir, @AdvHadiali
FACEBOOK: www.facebook.com/hadi.dushkara,
www.facebook.com/imaan.mazari

HASHTAGS: #ReleaseImaanAndHadi, #W4R26

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MARWA ARAFA

📍 **EGYPT**



**TARGETED FOR
SUPPORTING FAMILIES
OF DETAINEES**

MARWA ARAFA

📍 EGYPT



Marwa Arafa is a 33-year-old Egyptian human rights activist, translator and mother arbitrarily detained for over six years solely because of her peaceful activism. Marwa dedicated herself to supporting families of people detained for political reasons, as well as children who had been detained themselves. Sadly, her own daughter is now growing up without her after Marwa was arrested in front of her at just two years old. Her daughter, now aged 8, continues to struggle deeply with the separation.

Marwa is being punished for showing solidarity with detainees, speaking out against abuses facing children and helping families with the costs of prison visits. In April 2020, Egyptian security forces raided her friend's home, where Marwa was staying, and forcibly disappeared her for two weeks. She was later charged with unfounded terrorism-related offences. She now faces an unfair trial on charges that can carry life imprisonment.

Marwa's health has seriously deteriorated in prison, where she has been denied adequate healthcare. Marwa's situation highlights the abuse of terrorism laws in Egypt to target peaceful dissidents, human rights defenders and anyone seen as criticizing those in power. Marwa continues to hold onto hope, drawing strength from her love for her daughter and her belief in justice.

Call for Marwa Arafa's immediate and unconditional release and the dropping of all charges against her, as she is detained solely for exercising her human rights.

WRITE TO THE PRESIDENT OF EGYPT

Demand the immediate and unconditional release of Marwa Arafa, as she is detained solely for exercising her human rights.

ADDRESS: President of Egypt
Office of the President
Al-Ittihadia Palace
Al Nadi, El-Montaza, Heliopolis
Cairo Governorate 4460210
EGYPT

You can also send your appeals to the Egyptian embassy or diplomatic mission in your country.

SALUTATION: Your Excellency

EMAIL: p.spokesman@op.gov.eg
X: @AlsisiOfficial
FACEBOOK: www.facebook.com/AlSisiOfficial
HASHTAGS: #FreeMarwaArafa, #Egypt, #W4R26

SEND MARWA MESSAGES OF HOPE AND SOLIDARITY TO REMIND HER SHE IS NOT ALONE

You can also draw Marwa reunited with her daughter and mother after her release, celebrating the freedom and family life she has been denied for so many years.

Please send solidarity letters/cards to your local Amnesty office. If there is no Amnesty office in your country, please send them to:

ADDRESS: Marwa Arafa
c/o Amnesty International Secretariat
1 Easton Street
London WC1X 0DW
UNITED KINGDOM

FACEBOOK: www.facebook.com/FreeMarwaArafa
HASHTAGS: #FreeMarwaArafa, #Egypt, #W4R26

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



OWEN CHOW

 **HONG KONG**



**HE STOOD UP FOR DEMOCRACY
NOW HE'S IMPRISONED**

OWEN CHOW

 **HONG KONG**



Described by friends as adventurous and philosophical, Owen Chow studied nursing and is a practicing Tibetan Buddhist who has always wanted a dog.

At the age of 15, Owen joined his first pro-democracy march. He stepped into public life hoping to serve the underprivileged and build a fairer society. But speaking up has become dangerous in Hong Kong.

In 2020, Beijing imposed a draconian national security law on Hong Kong. As a result, the city has seen political opposition crushed, independent media silenced, and civil society organizations shut down.

Despite the risks, Owen fearlessly stood in unofficial “primaries” aimed at selecting candidates for upcoming elections when he was 23. In response, the authorities accused Owen and 46 others of conspiracy to commit subversion.

In 2021, Owen was arrested, and by 2024 sentenced to more than 12 years in prison. He may not be released until 2032 and has already spent at least three years in solitary confinement.

Owen’s story is one of many in Hong Kong. A city once known for open debate is now gripped by fear. People who once took for granted their right to speak up now no longer feel free to exercise their freedom.

Call on Hong Kong authorities to immediately and unconditionally release Owen.

WRITE TO THE CHIEF EXECUTIVE OF THE HONG KONG SPECIAL ADMINISTRATIVE REGION

Demand that Hong Kong authorities immediately and unconditionally release Owen Chow.

ADDRESS: Chief Executive’s Office
Tamar
HONG KONG

SALUTATION: Dear Chief Executive

EMAIL: ceo@ceo.gov.hk,
enquiry@1835500.gov.hk

FACEBOOK: www.facebook.com/johnleekachiu

INSTAGRAM: 李家超 John KC Lee

HASHTAGS: #FreeOwenChow, #W4R26

SHOW OWEN CHOW THAT YOU SUPPORT HIM

Send your creative messages of support to show Owen Chow that he is not alone. Share your favourite philosophical quotes, travel memories or pictures of nature – or dogs!

ADDRESS: Owen Chow
c/o Amnesty International Secretariat
1 Easton Street
London WC1X 0DW
UNITED KINGDOM

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



ROKIATOU DOUMBIA

📍 MALI



TIKTOK INFLUENCER AND ACTIVIST JAILED FOR SPEAKING OUT

ROKIATOU DOUMBIA

📍 MALI



Rokiatou Doumbia is a business owner, activist and social media influencer known for her courage and outspoken personality. Through TikTok, she created a space where her 175,000 followers could speak openly about daily hardships and rising food prices, earning her the nickname “Rose Poivron” (“Bell Pepper Rose”).

Rokiatou has long supported women and families in her community, creating an association to help women start small businesses and organizing food distributions for people in need. Friends and supporters describe her as caring, generous and community-focused.

But in March 2023, after criticizing rising living costs and Mali’s military authorities during a TikTok livestream, she was arrested and charged with “incitement to revolt”, “disturbing public order”, “discrediting the state” and “criminal conspiracy”. Although two of the charges were later quashed, in August 2026 Rokiatou was sentenced to 10 years’ imprisonment, including seven years to be served in prison and three years suspended, for “discrediting the state” and “criminal conspiracy”.

Rokiatou’s detention reflects a wider crackdown in Mali, where authorities increasingly use arrests and criminal charges to silence critics. Her situation shows how women who speak publicly can face repression, online harassment, discrimination and social stigma aimed at pushing them out of public debate. It also highlights how digital spaces in Mali are increasingly becoming places of surveillance and control.

Call on the Malian authorities to immediately and unconditionally release Rokiatou Doumbia.

WRITE TO MALI’S MINISTER OF JUSTICE

Demand Rokiatou be immediately and unconditionally released.

ADDRESS: Minister of Justice and Human Rights
Ministry of Justice and Human Rights
Cité Administrative
Bâtiment 12, 3e étage
BP 97
Bamako
MALI

SALUTATION: Dear Minister of Justice

NOTE: Please do not use Amnesty International branding on your letters or envelopes.

EMAIL: mkassogue@justice.gouv.ml
X: @Ministere_Mali, @Ministreka
FACEBOOK: www.facebook.com/JusticeMali.Gouv
HASHTAGS: #FreeRosePoivron,
#FreeRokiatou, #W4R26

SEND ROKIATOU MESSAGES OF SUPPORT AND SOLIDARITY TO REMIND HER SHE IS NOT ALONE AND THAT HER COURAGE INSPIRES MANY PEOPLE

You can also include drawings symbolizing the issues she spoke out about and the support surrounding her, such as peppers or food items, paths or footsteps, women standing together, shared meals or food baskets, or circles representing community and mutual support.

ADDRESS: Rokiatou Doumbia
c/o Amnesty International West & Central Africa Regional Office
Point E, Rue 34
Immeuble Malaado Plaza, 6th Floor
PO box 47582 Liberté
Dakar
SENEGAL

TIKTOK: @rokiatoudoumbia1
HASHTAGS: #FreeRosePoivron,
#FreeRokiatou, #W4R26

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



RUTH LÓPEZ

📍 EL SALVADOR



**SPEAKING UP FOR JUSTICE
COST RUTH HER FREEDOM**

RUTH LÓPEZ

📍 EL SALVADOR



Ruth López is a lawyer and human rights defender known for her strong belief in justice and accountability. When she is not teaching or mentoring young lawyers and activists, Ruth enjoys reading and caring for her garden of orchids.

For years, Ruth spoke out against corruption and human rights abuses in El Salvador. She dedicated her life to defending justice and protecting the rule of law, even as it became dangerous to do so.

Since 2022, El Salvador has been under a state of emergency that has given authorities sweeping powers to silence critics, target activists and weaken basic legal rights. Today, peacefully speaking out or defending human rights can put your right to liberty at risk.

In May 2025, Ruth was arrested at her home and locked up. Her family didn't know where she was for 40 hours. One year later she remains in pretrial detention. She is being denied the right to a fair trial and regular access to her family or lawyer.

Ruth López is a prisoner of conscience, detained solely for peacefully exercising her human rights.

Call on the Salvadoran authorities to immediately and unconditionally release Ruth López and drop all charges against her.

WRITE TO THE ATTORNEY GENERAL OF THE REPUBLIC OF EL SALVADOR

Demand that the Salvadoran authorities immediately and unconditionally release Ruth López and drop all charges against her.

ADDRESS: Attorney General of the
Republic of El Salvador
Attorney General's Office of
the Republic of El Salvador
Avenida El Boquerón y Calle Izalco
Urbanización Santa Elena
Distrito de Antiguo Cuscatlán
Municipio de La Libertad Este
La Libertad
EL SALVADOR

As letters in El Salvador are often censored, please also appeal to the Salvadoran embassy or diplomatic mission in your own country.

SALUTATION: Dear Attorney General

EMAIL: transparenciainstitucional@fgr.gob.sv
X: @FiscalGeneralSV
FACEBOOK: www.facebook.com/FGR.SV
HASHTAGS: #LibertadParaRuth, #W4R26

SHOW RUTH LÓPEZ THAT YOU SUPPORT HER

Send your messages of solidarity along with drawings of orchids and quotes from your favourite books.

ADDRESS: Ruth López
c/o Amnistía Internacional Américas
Luz Saviñón 519
Col del Valle Nte
Benito Juárez
03103
Ciudad de México
MÉXICO

EMAIL: w4r26ruthlopez@gmail.com
X: @Cristosal
INSTAGRAM: [Cristosal_ca](https://www.instagram.com/Cristosal_ca), [Cristosal_org](https://www.instagram.com/Cristosal_org)
FACEBOOK: www.facebook.com/cristosalorg
(English content)
www.facebook.com/cristosalca
(Spanish content)

Amnesty International is a global movement of more than 10 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.

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



AMNESTY INTERNATIONAL
INTERNATIONAL SECRETARIAT
www.amnesty.org

E: contactus@amnesty.org
T: +44 20 7413 5500

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London WC1X 0DW
United Kingdom

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