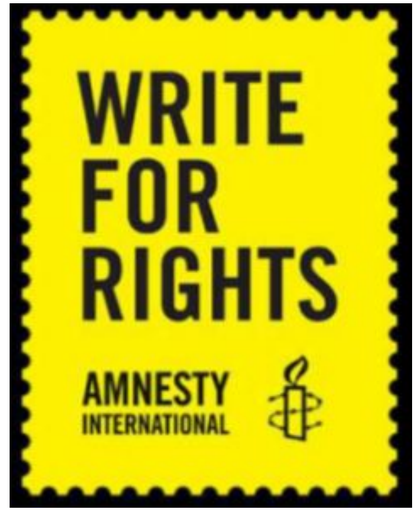
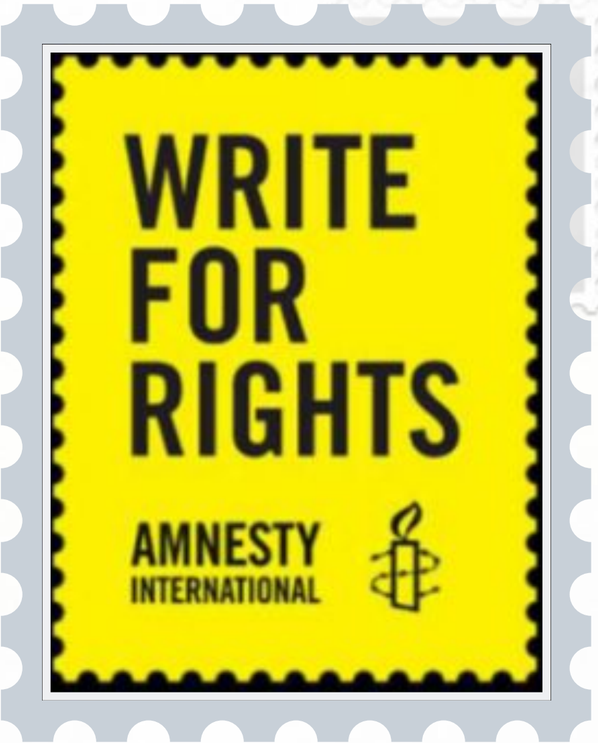
AMNESTY INTERNATIONAL

Write for Rights 2026

Understanding the Campaign and Why It Works



From: Citizen of the World,
Standing Up for Human Rights
for Everyone, Everywhere.



TO:

GOVERNMENT AUTHORITIES

AND DECISION-MAKERS



WHAT IS WRITE FOR RIGHTS

Every year, from **November 15 through January 31**, people across the United States join Write for Rights, a global movement that brings millions together to defend human rights. **Participants write letters to government officials and send messages of solidarity to people facing injustice around the world.**

Centered on December 10, Human Rights Day, the campaign harnesses the power of words and collective action to help change lives.

WRITE FOR RIGHTS OVERVIEW

MILLIONS TOOK ACTION FOR HUMAN RIGHTS IN 2025

At least **3,962,563** actions worldwide.

At least **327,737** cards and letters of solidarity were sent to individuals at risk and their families.

In the United States, **94,993** actions were reported; **14,447** letters were sent to government authorities, **27,790** emails were sent, **37,285** direct mail appeals were sent, **and 15,471** cards and letters of solidarity were sent.



Write for Rights 2025 - Amsterdam Jitske Nap

HOW IT WORKS

01 **Amnesty identifies cases**

where global action can make a difference.

02 **People take action**

through letters, petitions, emails and events.

03 **Messages are delivered**

to governments, prisons and families.

04 **Change follows**

releases, stronger protections, real impact.

05 **Participants report back**

helping Amnesty strengthen advocacy.



WRITE FOR RIGHTS
AMNESTY INTERNATIONAL

MEET THE INDIVIDUALS FEATURED

2026 WRITE FOR RIGHTS



AYACHI HAMMAMI
TUNISIA



DARIA EGEREVA
RUSSIA



HUMPHREY POLEPOLE
TANZANIA



IMAAN MAZARI-HAZIR & HADI ALI CHATTHA
PAKISTAN



MARWA ARAFA
EGYPT



OWEN CHOW
HONG KONG



RICHARD PARIAS
USA



ROKIATOU DOUMBIA
MALI



RUTH LÓPEZ
EL SALVADOR

LETTER WRITING TOOLS

GET ORIENTED

Write for Rights Letterwriting Guide

How the campaign works, start to finish.

Write for Rights Event Poster

For promoting your action event.

TAKE ACTION

Individual Case Sheets

Background on each case and where to send appeal letters and solidarity cards.

8.5' × 11' Individual Case Posters

QR code to a digital petition for immediate action.

Sample Letters

Ready-to-send templates, plus Sample Letters for grades 4–8.

PREPARE AND PRINT

Address Labels

Avery labels for print.

REQUEST A 2026 W4Rs PACKET

Case sheets, sample letters, event poster and case posters

Request Form: https://write.amnestyusa.org/signup/



Write for Rights 2025 - Amsterdam Jitske Nap

OUTREACH AND ENGAGEMENT TOOLS

AUDIO & VISUAL TOOLS

Individual short videos

A short video for each featured case.

Audio files

Name pronunciation for every individual.

2027 Write for Rights Slide Deck

Understanding the campaign and this year's featured cases.

LEARNING ACTIVITIES

Human Rights Education

Learning activities for all ages.

Write for Rights Teacher's Guide

Ready-to-use classroom support.

PROMOTE

Media Advisory Template

For announcing your action event.

Social Media Graphics

Shareable assets for your campaign.



Write for Rights 2025 - Amsterdam Jitske Nap

THE POWER OF SOLIDARITY CARDS

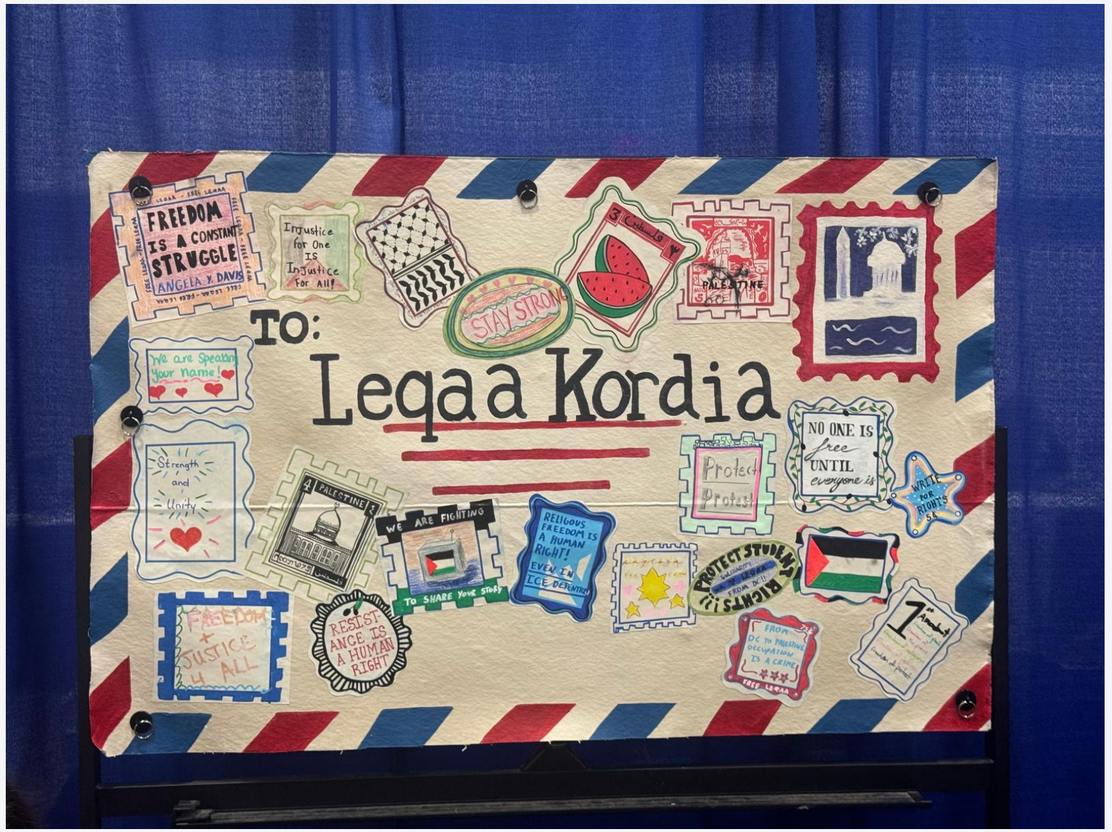
Powerful acts of solidarity that send hope and support to individuals and their families, reminding them they are not forgotten.



SOLIDARITY POSTCARD PROJECT

Artwork from a Solidarity Postcard Project

Created in support of Leqaa Kordia, who was featured in Amnesty International's 2025 campaign.



SOLIDARITY CARD

Magai Matiop Ngong was just 15 when he was sentenced to death in South Sudan in 2017 after being convicted of murder. He maintained the death was accidental and was tried without access to a lawyer. Following more than **700,000 Write for Rights actions in 2019,** a High Court ruling in March 2022 recognized that he had been a child at the time of his conviction and ordered his release.



Image Description: Magai Matiop Ngong holding one of the solidarity cards he received © Amnesty International

SOLIDARITY CARDS

Rung, whose name means “rainbow” in Thai, was a student activist and leader of Thailand’s 2020 pro-democracy protests, and was jailed for 60 days in 2021 after being repeatedly denied bail. Featured in **Write for Rights 2021**, she inspired people worldwide to call for her freedom. Now facing dozens of charges and possible life imprisonment, Rung lives in exile outside Thailand.



Image Description: Panusaya “Rung” Sithijirawattanakul

© Amnesty International

SOLIDARITY CARDS

Bernardo Caal Xol, a Guatemalan teacher and environmental activist, worked tirelessly to defend communities affected by hydroelectric projects on the Cahabón river, in northern Guatemala. In November 2018, he was sentenced to more than seven years in prison on bogus charges aimed at preventing his human rights work. During **Write for Rights 2021** more than half a million actions were taken for Bernardo and in March 2022 he was released.



Image Description: Bernardo Caal Xol reading cards and letters of solidarity © Anais Taracena/Amnesty International

REPORTING ACTIONS

WHY REPORT

Reporting shows our collective impact

Recognize your efforts and mobilize, advocate and respond across the globe.

RAFFLE INCENTIVE

Submit by January 31, 2027

Your name enters a raffle to win a $200 gift card from Amnesty International USA's online store.

Three winners

Winners are drawn from all submitted reports.

CONFIDENTIALITY

All reporting is confidential

Used only by Amnesty International USA to evaluate the campaign, understand its impact, and improve future Write for Rights actions.

SCAN TO REPORT YOUR ACTIONS

2026 WRITE FOR RIGHTS

Individual Spotlights: A Deeper Look

A closer look at the individuals featured this year, and how your action helps.



United States

WRITE FOR RIGHTS
AMNESTY INTERNATIONAL

RICHARD PARIAS

JOURNALIST SHOT AND DETAINED BY ICE

Carlitos Ricardo Parias, also known as **Richard**, is a citizen journalist who reports on issues impacting his community in Los Angeles, California. In October 2025, masked immigration agents shot and critically injured Richard while attempting to arrest him outside his home for immigration purposes. While in the hospital he was subsequently charged with assault against a federal agent and taken into U.S. Marshals custody, despite needing ongoing medical care. A federal judge ultimately dismissed the assault charge against Richard after the government failed to uphold Richard's rights to a fair trial. However, while in the custody of the U.S. Marshals, he was transferred into ICE custody where he remains today.

The Person Behind the Petition

- Father of two, he loves spending time with his family, whether going for walks or simply watching television together.
- Richard reports independently under the TikTok handle Richard Noticias LA



Tunisia

AYACHI HAMMAMI

TARGETED FOR SPEAKING TRUTH TO POWER

Tunisian human rights lawyer imprisoned after a sham terrorism-related trial linked to his defense of judges, lawyers, journalists, activists and opposition figures. Ayachi has spent decades fighting for justice and human rights in the country. His imprisonment reflects Tunisia's growing crackdown on peaceful dissent and misuse of the justice system to silence critics.

The Person Behind the Petition

- 66 years old lawyer known by friends as a "young soul" (DOB: June 15)
- Husband, father of three, and grandfather of two
- Loves animals and cared for his Labrador, Arya, as well as three turtles in his garden
- Enjoys reading about astronomy, quantum physics, science, history, and politics
- Always eager for a good book recommendation
- Passionate about astronomy and owns a telescope
- Enjoys classical Western and Arab music, especially Oum Kalthoum and Jacques Brel
- Likes watching science fiction films

QUOTES BY AYACHI

"We are all victims of the oppression of this authority; let's unite to change these conditions. Unity is the only evident and natural path for the people when faced with tyranny."



Russia

DARIA EGEREVA

PUNISHED FOR PROTECTING HER PEOPLE

Daria Egereva is an Indigenous rights defender from Russia facing up to 20 years in prison for peaceful activism. A climate justice advocate and proud member of the Selkup People, she has dedicated her life to protecting Indigenous lands, languages and cultures. Despite threats and detention, Daria has remained courageous and committed to defending the rights of her people.

The Person Behind the Petition

- 49 years old (DOB: April 7)
- Wife, mother, and has a cat
- Dedicated to preserving the Selkup language, culture, and history
- Inspired by her love of nature, supporters can honor Daria through outdoor activities such as clean-ups, nature walks, picnics, and tree-planting events.
- Enjoys fiction and nature walks, often reflecting on her childhood growing up in the Taiga forests.
- Loves spending time outdoors and gathering berries, a cherished family tradition
- Described by friends as friendly, sociable, and reliable
- Dec 17 is the anniversary of Daria's detention



Tanzania

WRITE FOR RIGHTS
AMNESTY INTERNATIONAL

HUMPHREY POLEPOLE

FORMER DIPLOMAT AND GOVERNMENT CRITIC FORCIBLY DISAPPEARED

Former ambassador abducted at his home in Dar es Salaam on October 6, 2025. He has not been seen since. Humphrey appears to have been targeted because of his criticism of the president and ruling party for restrictions on civic space, the crackdown on human rights and attacks on opposition members. His family miss him dearly and need answers.

The Person Behind the Petition

- 45 years old (DOB: Nov 25)
- Former youth leader, constitutional commissioner, district commissioner, MP, and ambassador
- Served as Tanzania's Ambassador to Malawi and later Ambassador to Cuba
- Father of two and has a dog named Fighter
- Known for mentoring young people through seminars on civic engagement, entrepreneurship, and faith
- Passionate about swimming and table tennis
- Strong Christian faith and often speaks openly about his beliefs
- Described by family and colleagues as community-oriented and deeply caring
- Fourth of six siblings and closely connected to his extended family

QUOTE BY HUMPHREY SPEAKING AFTER TANZANIA COMMUNICATIONS REGULATORY AUTHORITY PULLED DOWN HIS YOUTUBE CHANNEL:

"For me, as a member of CCM, who believes in speaking the truth and in the party's philosophy about the need to re-educate ourselves and using that knowledge for the benefit of all, I see this as a small test."



Pakistan

WRITE FOR RIGHTS
AMNESTY INTERNATIONAL

IMAAN MAZARI-HAZIR AND HADI ALI CHATTHA

MARRIED LAWYERS JAILED FOR DEFENDING HUMAN RIGHTS

Human rights lawyers and married couple Imaan Mazari-Hazir (right) and Hadi Ali Chattha (left) have dedicated their careers to representing victims of state oppression, despite threats and harassment by the authorities. In January 2026, they were given long prison sentences for their posts on social media expressing solidarity with Baloch and Pashtun activists and criticizing the Pakistan military.

The Persons Behind the Petition

- Imaan and Hadi married in December 2023, surrounded by family and friends.
- They first met while working together on the defense of two feminist activists
- The couple enjoys Afghan and Chinese food and values time spent with friends and loved ones.
- In her free time, Imaan enjoys spending time with close friends in Islamabad, reading, and writing poetry.
- Hadi grew up in Multan, volunteered legal support to Aurat March Multan, and was mentored by renowned human rights lawyer Asma Jahangir.
- In 2018, Hadi founded the Fair Trial Defenders Legal Aid Cell to provide pro bono legal services.
- While imprisoned, Hadi spends his time cooking for himself and fellow inmates.

QUOTES BY HADI THE DAY BEFORE BEING ARRESTED:

"We don't regret anything. Has it become a crime to file a petition against wrongful confinement? Has it become a crime to critique the government? We don't regret anything. We have submitted ourselves to our bar council, our district bar and our high court bar office holders. If someone wants to unlawfully arrest us, we are here to be arrested."



EGYPT

MARWA ARAFA

TARGETED FOR SUPPORTING FAMILIES OF DETAINEES

Marwa Arafa is an Egyptian human rights activist arbitrarily detained for over six years because of her peaceful activism supporting detained children and their families. Arrested in front of her young daughter, she faces unfounded terrorism-related charges which can carry life imprisonment. Her case is part of a wider effort to silence peaceful dissent in Egypt.

The Person Behind the Petition

- 33 years old (DOB: August 16)
- Mother of 1 child
- Children's rights advocate who supported detained children and documented human rights violations
- Coordinated legal and psychosocial support for children and their families
- Showed solidarity by preparing meals for prisoners and their loved ones
- Loves music, including country, Arabic classics, and artists like Reba McEntire and Whitney Houston
- Enjoys dancing, especially traditional baladi dance
- Passionate about cooking and baking as expressions of care and creativity
- Appreciates theatre, cinema, and the works of Shakespeare
- Enjoys Egyptian films, TV series, and binge-watching favorite shows
- Avid reader whose favorite book is The Unbearable Lightness of Being by Milan Kundera



HONG KONG

WRITE FOR RIGHTS
AMNESTY INTERNATIONAL

OWEN CHOW

HE STOOD UP FOR DEMOCRACY. NOW HE'S IMPRISONED

Owen Chow joined his first pro-democracy protest at just 15 years old. He later became one of the "HK47" – a group of activists and politicians prosecuted under Hong Kong's draconian National Security Law for their political participation. Owen should be doing the things he loves like photography, hiking and travelling. Instead, he faces more than 12 years in prison for hoping to serve the underprivileged and build a fairer society.

The Persons Behind the Petition

- 30 years old (DOB: February 10)
- Became active in Hong Kong's pro-democracy movement as a teenager, participating in annual July 1 marches and later joining the 2014 Umbrella Movement as a student.
- Studied nursing and worked in an internal medicine ward before dedicating himself to social and political activism.
- A practising Tibetan Buddhist who draws on his faith's teachings of patience, compassion, generosity, and unconditional love.
- Passionate about hiking, photography, travel, and adventure, often taking spontaneous solo trips.
- Enjoys reading, especially books on spirituality and philosophy.

QUOTE BY OWEN:

"Even though I am imprisoned today for fighting for democracy, I still firmly believe that a "democratically elected government serving the people" will one day come to Hong Kong."



Mali

Rokiatou Doumbia

TIKTOK INFLUENCER AND ACTIVIST JAILED FOR SPEAKING OUT

Rokiatou Doumbia is a businesswoman, activist and social media influencer from Mali who remains in detention after criticizing rising living costs and the failures of Mali's military authorities during a TikTok livestream. A mother of two and a supporter of women in her community, she has dedicated her life to helping others. Instead of being protected for speaking out, she became a target.

The Person Behind the Petition

- Central figure in her family and community
- Supports women and children
- Active trader, sourcing goods from Italy, Germany, and France
- Enjoys films, television, and walking
- Founded a women's support association in 2022
- Helped women start small businesses through funding and goods
- Organized food purchases and distributions for people in need
- Mother of two children

Quote by Rokiatou:

"We can't afford to eat. We can't afford to go to school. Nothing is resolved. People aren't studying in Mali; they're hungry."



EL SALVADOR

RUTH LÓPEZ

IMPRISONED FOR EXPOSING CORRUPTION

Ruth López is a lawyer and human rights defender who has spent years speaking out against corruption and injustice in El Salvador. In May 2025, she was arrested at her home and remains in detention more than a year later, without regular access to her family or legal counsel. Her case illustrates how the criminal legal system can be misused to silence critical voices and suppress dissent. Ruth López is a prisoner of conscience.

The Persons Behind the Petition

- 49 years old (DOB: September 27)
- Lawyer and public-interest advocate known for her integrity, discipline, and commitment to justice.
- Enjoys reading, legal research, teaching, and mentoring young lawyers and activists.
- Loves gardening, especially cultivating orchids.
- Married for more than 15 years and mother of two adult children.

QUOTE BY RUTH:

"I know the consequences of confronting power, but I am a lawyer and I believe in rights and in their genuine protection."


WRITE
FOR
RIGHTS
YOUR
WORDS
ARE
POWERFUL