

JOIN THE CAMPAIGN TO BAN ISRAELI SETTLEMENT GOODS YOUTH PACK



Did you know that the everyday goods, found in your local supermarket, could be upholding a system of oppression, domination and human rights violations?

START HERE

It shouldn't be possible for goods produced in Israeli settlements in the occupied West Bank and East Jerusalem to be available in the UK, given that settlements are illegal under international law. So, we're pushing for a decisive ban on Israeli settlement goods from entering the UK.

We need your help to build pressure on your MP and, through online and offline actions, urge them to call out the UK's complicity in violating International Law and undermining Human Rights.

To support Youth Groups in taking action as part of this campaign, this pack contains a Ban Israeli Settlement Goods specific:

- **Youth Education Guide**
- **Youth Action & Advocacy Guide**
- **Resources to Support You**

WHAT DO YOUTH GROUPS NEED TO DO?

1

**ORGANISE A COMMUNITY 'APARTHEID-FREE'
AMNES-TEA**

2

INVITE YOUR MP

3

**BUILD A COALITION OF HUMAN RIGHTS ACTIVISTS
IN YOUR COMMUNITY**





THE STORY OF SETTLEMENT GOODS

YOUTH EDUCATION GUIDE

ISRAELI APARTHEID

In Israel and the Occupied Palestinian Territory (OPT), Palestinians navigate a system of laws, policies and practices which oppress and dominate them.

Palestinians face **discriminatory treatment** that favours Jewish Israelis at their expense. They have been calling for this systematic repression to be defined as ‘apartheid’.

Apartheid is a crime against humanity under the Apartheid Convention, the Rome Statute and customary international law.

Since 2022, Amnesty has been calling for an end to this system of Israeli Apartheid so that Palestinians can fully enjoy their human rights.

DISPOSSESSION

One such means of oppression and control has been through the **dispossession** of Palestinian land and property, entailing decades of discriminatory land and property seizures, home demolitions and forced evictions.

Since Israel occupied the West Bank of the River Jordan 58 years ago, during the 1967 ‘Six-Day War’, **more than 100,000 hectares of Palestinian land have been appropriated for use by ever-expanding – and illegal – Israeli settlements**, which have been repeatedly condemned by the United Nations as ‘a flagrant **violation of international law**’.





SETTLEMENTS & INTERNATIONAL LAW

A settlement is Israel's building of villages and towns on occupied Palestinian territory. What makes them illegal? **The transfer of Israeli civilians to these settlements is illegal under international law. In fact, it is a war crime according to the Fourth Geneva Convention** for any occupying power to transfer its own population into the territory it occupies .

Since 1967, it has been Israeli government policy to promote the creation and expansion of Israeli settlements in the OPT.

In July 2024, the International Court of Justice not only reaffirmed the illegality of Israeli settlements but called on all states to:

“abstain from entering into economic or trade dealings with Israel concerning the Occupied Palestinian Territory or parts thereof which may entrench its unlawful presence in the territory”

This makes it very clear that the UK should not be allowing trade with or investment in settlements in OPT.

For 58 years, Palestinians have been forced from their homes, detained and many injured or killed – all to make way for more illegal Israeli settlements and the expansion of existing ones. In addition, Israeli authorities have appropriated the vast majority of Palestinians' natural resources in the OPT for the economic benefit of Jewish citizens in Israel and in the illegal settlements.

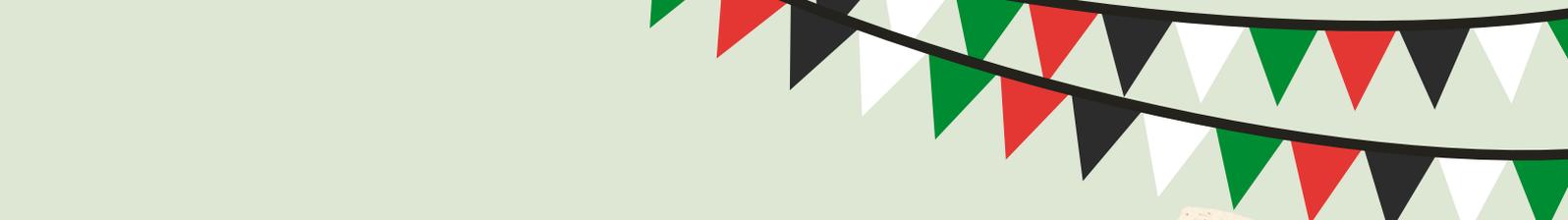
SETTLEMENT GOODS

Israel's settlement industries makes millions out of Palestinian suffering. Products produced on these illegal settlements often make their way into UK markets and onto our shop shelves.

Avocados, herbs, dates, oranges and tahini are just some of the products from Israeli settlements that end up on our shelves. These products are produced on stolen land, with stolen resources, and generate profit from human rights abuses.

Products like these are tainted by the illegality of the settlements and by discrimination and violence towards Palestinian people.

Amnesty International wants governments to stop enabling the economy that keeps these illegal settlements growing and fuels the suffering of Palestinians. **The issue is not just about Israel taking Palestinian land and resources illegally. Governments around the world are letting goods produced in these settlements into their markets, and are allowing companies in their countries to provide services to them.** All of this helps to maintain and expand these illegal settlements.



SETTLEMENT GOODS CAMPAIGN YOUTH ACTION GUIDE

1

ORGANISE A COMMUNITY 'APARTHEID-FREE AFTERNOON TEA' AND INVITE YOUR MP

Organising an Amnes-Tea

To raise public awareness of the demand for a Settlement Goods ban, and to place added pressure on your MP, we're calling on Youth Groups to organise an 'Apartheid-free' afternoon Amnes-Tea event in your school, sixth form (or alternative local community venue) and invite your MP along.

For this afternoon's tea, we're serving more than sweets - we're serving solidarity.

By hosting your own Amnes-tea, you'll help spread the message that we must hold the government accountable for their role in illegal settlement goods and apartheid. **This is your chance to bring people together over tea and discuss the urgent need to stop the trade in products linked to human rights abuses.**

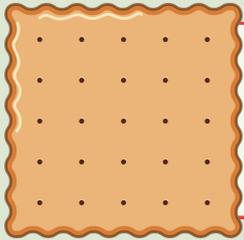
To help you plan your apartheid free Amnes-tea, we've gathered a collection of traditional Palestinian recipes, each one calling for an ingredient commonly sourced from Israeli settlement goods. But instead of using illegal settlement goods, we're inviting you to make swaps that avoid settlement products entirely and thus to reclaim these dishes by sourcing ethically or even supporting Palestinian producers directly.

From za'atar cookies to olive oil-infused cakes, these recipes are a way to connect with Palestinian culture, show support for human rights and raise awareness about the everyday impact of settlement goods.

In section 2, you'll also find information on how to invite your MP and an Amnes-tea **advocacy guide**, showing how you can use the Amnes-tea to gain support from your MP for the Settlement Goods campaign.

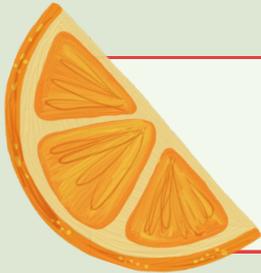
SETTLEMENT GOODS CAMPAIGN

SETTLEMENT FREE RECIPES



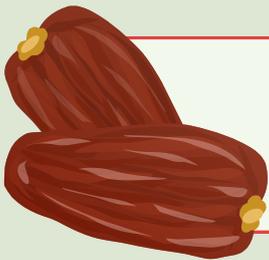
Za'atar Vegan Cookies

Melt-in-your-mouth cookies with a bold za'atar twist.



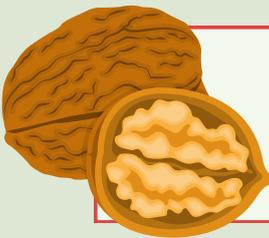
Orange Cake

Soft and zesty, soaked in the sunshine of fresh oranges and olive oil.



Palestinian Date Cookies

Delicate, shortbread-like treats filled with sweet, spiced dates,



Date & Walnut Cake

Packed with the warmth of Medjool dates and crunchy walnuts.



Olive Oil Plum Cake

Fragrant and fluffy, infused with bright citrus and Palestinian olive oil.



Mint & Sage Tea

Melt-in-your-mouth cookies with a bold za'atar twist.



A few tips for planning your 'Amnestea'

When: MPs are back in their home constituencies over the weekends, so planning this for a Friday, Saturday, or Sunday evening would mean a better chance of them attending. **Note:** this should take place before Parliament goes on recess on 22nd July 2025.

Volunteers: You will need a minimum of 3 volunteers in the run up to and on the day of the event. Ahead of the event, assign volunteers roles so they know what they are responsible for. Volunteer roles include getting permission to use a space in your school or college campus, sourcing (non-settlement produced) ingredients and preparing baked goods; outreach and inviting guests; set up and clean up on the day; serving tea and baked goods; and, if you're having a panel discussion, contacting and organising speakers.

Venue: It's likely you'll be able to use a space at your school or college, such as a classroom, hall, common room or canteen, which can make things simpler and more affordable. Check what's available, how to book it and whether it meets your needs for space, accessibility and any presentation or audio equipment. If that's not an option, you can also look at community venues like local halls, libraries or youth centres. Make sure to check the cost, capacity and accessibility of any space you're considering.

Baked Goods: You can bake at home and bring your goods in to share, or get together with others for a joint baking session, either earlier in the day or the night before. We've provided some recipes to get you started (previous page), and you'll find even recipe ideas by Palestinian chefs on our ['Palestine at Home' page](#), and [video versions here](#). Alternatively, you could ask local Palestinian cafes or caterers if they would be willing to partner with you and provide food or a space for the event.

Media coverage: Contact local newspapers and any journalists who might be interested in attending, asking them to cover the event. There's a [draft press release](#) you can use in the appendix (Appendix C) to attach to any email correspondence. You can also ask for the newspaper to report on it afterwards.

Social media: Using social media, you could contact local influencers or celebrities asking them to attend. Make sure to take photos of the meal to share online and with interested press after too.

Budget: Unfortunately, Amnesty UK cannot currently offer funding for individual events hosted by groups.



If you need support or have any questions about this, please get in touch with Ebony Moreno (ebony.moreno@amnesty.org.uk)

For updates, and to connect with activists across the UK working on this campaign in their local areas, [join this WhatsApp community.](#)

SETTLEMENT GOODS CAMPAIGN

YOUTH ADVOCACY GUIDE



2

INVITE YOUR MP

Inviting your MP

Who is my MP?

You can find out who your elected Member of Parliament is, and information about them, their voting history, and their contact details [here](#). The [‘Is my MP a war criminal?’ tool](#) provides an overview of MPs’ stances on Israel and the Occupied Palestinian Territory, including whether they voted or participated in recent Parliamentary debates or Bills like the suspension of arms sales to Israel or making BDS illegal for public bodies. This will be useful context to know, to get a sense of how they might respond to your invite to the amnes-tea, or when speaking to them on the day,

How can my MP help?

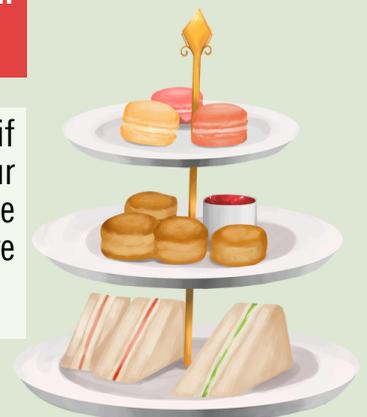
The specific ask will depend on whether or not your MP has a Government role. You can find this out in the ‘currently held offices’ section on their [‘theyworkforyou’ profile](#).

If they don’t have a Government role, we’re asking them to show their public support for a ban by signing an [Early Day Motion](#) calling for a ban on settlement goods (specifically, [EDM 1266](#)). Early day motions (EDMs) are motions submitted for debate in the House of Commons without a fixed date. EDMs are used to put on record the views of individual MPs or to draw attention to a specific events or campaign.

If they do have a Government role, they won’t be able to sign any EDMs, so we’re asking them to write to the Prime Minister calling for a ban on settlement goods.

Either way, there’s a draft letter in the appendix (Appendix B) you can use if you’re contacting them for the first time. We recommend being broad in your letter in order to get them to come to your event, but as a follow up once they’ve attended or if they do not respond, we recommend sending them a more specific letter, which you can find a draft for in (Appendix C & D)

Once your MP has replied, stating whether or not they will take action, let us know by emailing us or forwarding any correspondence to parliament@amnesty.org.uk, as we’ll be tracking how many MPs are supportive.



How to Talk to Your MP at your Amnes-Tea

1. Explain why the issue matters to you

Begin by explaining the work of your Amnesty group and why human rights are important to you as young people. **Share the context of the human rights issues you've engaged with in the past and any campaigns you've been involved in. Then, broaden the conversation to explain why the issue of Settlement Goods matters to you personally** and how it connects with the Amnes-tea event you're hosting. Emphasise that the tea being served is free from settlement goods, showcasing a commitment to ethical consumption and human rights.

2. Emphasise the Human Rights issue

Focus on how the trade in settlement goods impacts human rights and violates international law. Help your MP understand that this is an issue that affects global justice, human dignity and peace. **Make the issue personal by highlighting its human impact - how the sale of settlement goods directly harms Palestinian communities, forces people off their land and contributes to apartheid.** For example, you could say: "By supporting the trade in settlement goods, the UK is complicit in the ongoing displacement of Palestinian families and the destruction of their homes and livelihoods. We must take a stand for human rights and oppose these practices."

3. Connect to International Law

Stress that the trade in settlement goods is not just an ethical issue - it's also a legal one. **Under international law, the construction of settlements in occupied territories is illegal and so is the trade in goods produced in these settlements.** MPs should understand that supporting this trade contradicts international norms and the UK's own legal commitments.

4. Explain what you're asking them for

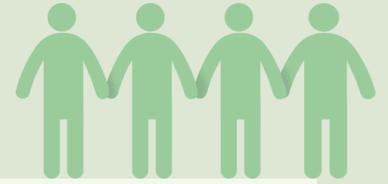
*If your MP does not hold a government role, explain what the EDM is, why it's important, and how it can help raise awareness and bring about change. Signing the EDM sends a clear message that the UK must not support goods produced through illegal settlements and could shift policy towards respect for international law and human rights. **If your MP is a government minister or holds a position within the government,** instead of signing the EDM, **encourage them to take the issue directly to the Prime Minister.** They should consider writing a letter to the Prime Minister urging the government to adopt a firmer stance on the trade in settlement goods*

5. Ask for their support

Once you've explained what action from your MP could have an impact, directly ask the MP to sign the EDM or write to the Prime Minister. **Be polite, but firm in your request to try to secure their commitment.** Make it clear that this is a meaningful way for them to take action on a crucial issue.

3

BUILD A COALITION OF HUMAN RIGHTS ACTIVISTS IN YOUR COMMUNITY



Building a coalition

To hold the UK Government accountable and enact meaningful change, **we need to build power on a local level**. This involves building a committed coalition of activists, collectively calling on your MP for support, and then organising a public action to build momentum and awareness around the campaign.

A coalition is when different people, groups, or communities come together to achieve a goal. By teaming up, sharing skills, and organising together, you build more power and can make a bigger impact. Building a coalition might sound daunting, but the information below should help to break down the process.

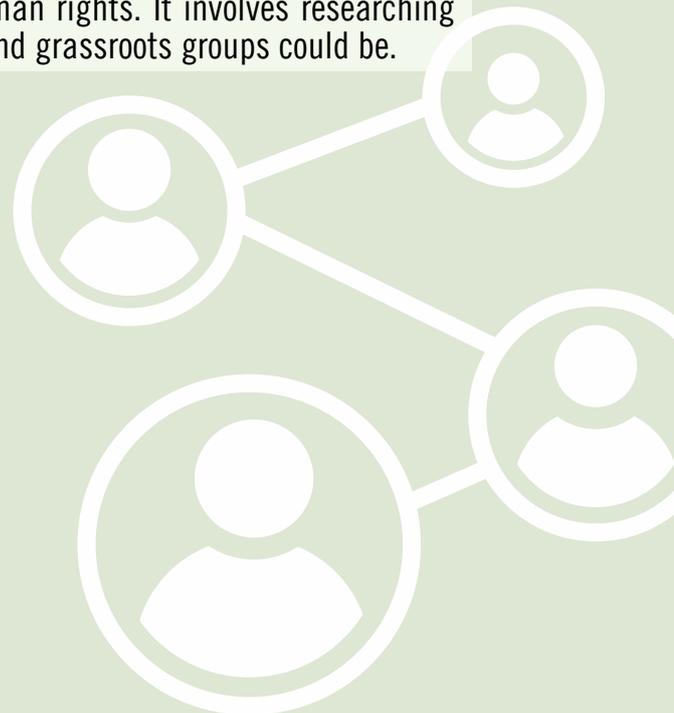
To create local pressure and a strong campaign, you need to build and maintain relationships in your community, especially with other groups already campaigning for Palestinian human rights. **The more people engaged in this campaign and lobbying your MP with you, the more pressure you can build on them to act**. Creating a broad coalition of activists will also help to increase visibility of the campaign in the community and raise broader public awareness of the UK's complicity in Israel's apartheid and the need for a national ban on settlement goods.

What is community mapping?

Community mapping is an organising technique that helps locate your local community and its constituents in a bigger national or global campaign for human rights. It involves researching potential allies and identifying who your key partner activist and grassroots groups could be.

First, find out if there are any Amnesty local, student, or youth groups in your constituency or local area. Reach out to them using the contact details available online, or contact Ebony Moreno (ebony.moreno@amnesty.org.uk) for help with getting in touch.

Next, research if there's an active Palestine Solidarity Campaign group in your community, local BDS campaigns organising for 'Apartheid Free Zones', Palestine Action or Friends of Palestine groups, local trade unions, and others in your community working towards similar goals. Use Amnesty's community mapping template (**Appendix A**) to map out these groups clearly and keep it updated as you build connections and contacts.



APPENDIX

A) Community Mapping Template

Community Mapping		AMNESTY INTERNATIONAL 
DEMOGRAPHIC (e.g. what do you know about the community? Who are they?)		
KEY DATES (e.g. Local holidays, festivals, human rights related dates etc.)	LOCAL ISSUES What are the most important local issues? What do locals care about?	
ORGANISATIONS & GROUPS (e.g. Activist groups, rights holders, charities, social groups, businesses etc.)	DECISION MAKERS & INFLUENCERS (e.g. Politicians, community leaders, local journalists, local celebrities etc.)	
INSTITUTIONS (e.g. Schools, universities, colleges, hospitals, places of worship, government buildings, etc.)	PHYSICAL SPACES (e.g. Parks, community halls, public spaces, markets, town centre etc.)	

APPENDIX

B) Draft Letter to MP inviting them to your Amnes-tea (with or without a Government role)

XX XXXX 2025

Dear [insert MP name],

My name is [full name], and I am [an activist/member/Chair/Secretary] of [Amnesty Youth Group name].

I'm writing to invite you to an event we are organising as part of Amnesty International's campaign to promote awareness of global human rights issues.

The event, **called an 'Amnes-tea', will take place on [insert date] at [insert location]**, and brings together young people, educators and community members for a conversation around justice, equality and the role of international law in protecting human rights.

We would be delighted if you could join us, speak with students and young people in attendance, and share your thoughts on the importance of standing up for human rights, both in the UK and internationally. Hearing from their elected representative would be incredibly meaningful and inspiring for those attending.

As part of our work, we've been exploring a range of human rights situations around the world, including the situation in the Occupied Palestinian Territories. Our group has been discussing the legal and ethical responsibilities of governments and individuals in responding to human rights concerns and how international solidarity can play a role in promoting justice.

We understand this is a complex and sensitive topic, and we are keen to engage in a constructive, thoughtful conversation. Your presence at our event would be a valuable opportunity for young people to learn more about how human rights are discussed and addressed in Parliament.

Thank you for considering our invitation. We hope to hear from you soon.
Warm regards,

[Your Full Name]
[Your Position]
[Amnesty Group Name]
[Contact Info]

SEND THIS AFTER YOUR AMNES-TEA TO FOLLOW UP WITH YOUR MP AND SEE IF THEY'VE WRITTEN TO THE PM

APPENDIX

C) Draft Follow Up Letter to MP (Government Minister or Role)

XX XXXX 2025

Dear [insert MP name],

My name is [full name], and I am [an activist/member/Chair/Secretary] of [Amnesty Youth Group name].

I am writing to follow up on our recent Amnes-Tea event, which took place on [insert date] at [insert location]. During the event we had a meaningful discussion about justice, equality and the role of international law in protecting human rights, with a particular focus on the trade in settlement goods.

I am writing to you today to ask you for an update on your support for the call for the UK to ban the importation of Israeli settlement goods. As you are a Minister, I understand you may not be able to publicly call on the Government to do this, so instead will you write to the Prime Minister calling for a ban?

As a group, we are incredibly concerned about the UK's complicity in upholding and supporting the illegal occupation of Palestinian territory, and the system of apartheid that has led to widespread human rights abuses and violence towards Palestinians.

Apartheid is a crime against humanity and is illegal under international law. In 2022, following years of research and investigation, Amnesty International concluded that Palestinians are suffering under a brutal apartheid regime imposed by the Israeli authorities, despite the existence of international human rights statutes and international humanitarian law created to prevent crimes against humanity and apartheid systems.

As we learnt from the South African anti-apartheid movement, calling out and ending financial relationships and trade with states violating international law and human rights can be incredibly effective in our collective pursuit for justice.

Moreover, we know that the International Court of Justice has directed all States to "abstain from entering into economic or trade dealings with Israel concerning the Occupied Palestinian Territory" and to "take steps to prevent trade or investment relations that assist in the maintenance of the illegal [occupation]". Therefore, the UK must ban the importation of settlement goods in order to comply with international law.

You probably know that the UK has banned the importation of goods from illegally occupied Crimea - if it doesn't also do the same for goods from settlements in illegally occupied Palestine, that will smack of hypocrisy.

APPENDIX

We believe that our constituency can lead this charge by taking a strong and unapologetic stance in advocating for Palestinian human rights: **by writing to Prime Minister Keir Starmer and calling for the UK to ban the importation of Israeli settlement goods to the UK**, you'll make it clear that you support international law, and represent the spirit of our community and our unwavering dedication to human rights.

For your information, Amnesty International UK has produced [this explainer](#) on Israeli settlement goods and [this report](#) on the UK's complicity in human rights abuses by doing businesses with settlements, in addition to [their report on Israeli apartheid published in 2022](#), and [their report on the ongoing genocide in Gaza](#), published in 2024.

Best wishes,

[full name]

[full address]

APPENDIX

D) Draft Follow Up Letter to MP (without a Government Role)

XX XXXX 2025

Dear [insert MP name],

My name is [full name], and I am [an activist/member/Chair/Secretary] of [Amnesty Youth Group name].

I am writing to follow up on our recent Amnes-Tea event, which took place on [insert date] at [insert location]. During the event we had a meaningful discussion about justice, equality and the role of international law in protecting human rights, with a particular focus on the trade in settlement goods.

I am writing to you today to ask for an update on your support in the call for the UK to ban the importation of Israeli settlement goods by signing EDM 1266.

As a group, we are incredibly concerned about the UK's complicity in upholding and supporting the illegal occupation of Palestinian territory, and the system of apartheid that has led to widespread human rights abuses and violence towards Palestinians.

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Best wishes,

[full name]

[full address]

YOU CAN ADAPT THIS TO INVITE THE LOCAL PRESS TO YOUR EVENT, OR USE IT TO SECURE COVERAGE AFTER YOUR EVENT HAS TAKEN PLACE

APPENDIX

E) Local Press Release on Apartheid-Free Meal

AMNESTY [ADD YOUTH GROUP NAME] HOSTS ‘APARTHEID-FREE’ AMNES-TEA, URGING [ADD MP NAME] TO SUPPORT BAN ON ISRAELI SETTLEMENT GOODS

Event aimed to raise awareness, build solidarity, and call for UK action on illegal settlements and human rights abuses

[Add another sub-head if there’s a special guest attending]

[Town/City, UK] – Local residents and members of Amnesty International [add Amnesty group name] invited their community – and their MP, [MP’s Full Name] – to the table this week for a powerful act of local solidarity: an ‘Amnes-tea’ highlighting the human rights impact of illegal Israeli settlements and calling for a ban on importing goods from and providing services to settlements.

The event was part of Amnesty UK’s Ban Israeli Settlement Goods Campaign, which demands the UK government prohibit the import and sale of goods produced in illegal settlements in the Occupied Palestinian Territory. These settlements violate international law and are a key pillar of Israel’s system of apartheid against Palestinians, as documented in Amnesty’s 2022 landmark report.

Through a shared tea featuring Palestinian baked goods, young people raised awareness, built community support, and urged [add MP’s name] to publicly [remove ‘publicly’ if MP is a Minister] back a ban on trade with illegal settlements – preventing UK businesses from contributing to ongoing human rights violations.

[Add your name], spokesperson for Amnesty International [add group name], said:
“This was a moment to act on our values.

“Israel’s rapidly expanding illegal settlements are built on stolen Palestinian land, displace families, and perpetuate a system of apartheid. The UK must stop enabling these abuses through trade in these tainted goods.

“We called on our MP, [add MP name], to take a stand and support a ban.”

The Amnes-tea included [add info about the event: cuisine, speakers, other entertainment]. Attendees also had the opportunity to write directly to their MP. Similar events took place across the UK, building pressure on Parliament to uphold international law and human rights.

Event Details

What: Amnes-tea Human Rights Tea

When: [Insert date and time]

Where: [Insert venue name and address]

Organised by: Amnesty International [Youth group name]

Speaker/s or special guest: [Add names]

For more information contact: [Add name, email and number]

Notes to Editor

- Israeli settlements in the Occupied Palestinian Territory are illegal under international law and violate the Fourth Geneva Convention.
- Goods produced in these settlements are often sold internationally, helping sustain serious human rights violations.
- Amnesty's 2022 [report](#) concluded that Israeli authorities are enforcing a system of apartheid against Palestinians.
- Amnesty is calling on the UK Government to ban trade with illegal settlements and ensure UK companies are not profiting from occupation and apartheid.