

# MY BODY : MY RIGHTS



## CAMPAIGN TRAINING PACK

SEXUAL AND REPRODUCTIVE RIGHTS ARE  
**HUMAN RIGHTS**

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### About this training

This training pack has been created by Amnesty International UK on the My Body My Rights (MBMR) campaign which campaigns on sexual and reproductive rights (SRR). This training pack is a guide for Trainers to use when engaging with Local Groups, Student Groups or external organisations.

The pack is intended for delivery in a training or facilitation setting. You may add or delete parts of the training as you find appropriate and adapt the script to suit the style and length of your session.

**Do look out for new content, cases and actions at [www.amnesty.org.uk/mbmr](http://www.amnesty.org.uk/mbmr)**

### Training Objectives

1. Understand the MBMR global campaign for Sexual and Reproductive Rights (SRR)
2. Gain knowledge and skills to campaign for SRR as human rights
3. Understand AIUK campaign priorities
4. Effectively communicate AI's Abortion Policy

### Suggested Resources

- Post-it notes
- Flip-chart, paper and pens
- Laptop and projector

### Training Pack Contents

This MBMR Training Pack contains the following materials to support you whilst training:

1. Presentation and Facilitation Notes
2. SRR Glossary of Terms
3. MBMR Case Studies Sheet
4. MBMR Policy Primer for Activists ONLY
5. Activity Sheet: MBMR Dealing with difficult situations
6. MBMR Q&A for Activists ONLY
7. MBMR Social Media Guidelines Staff, Vols and Activists ONLY
8. MBMR Trainers Campaign Brief FINAL
9. MBMR Links to Resources

