



Wondering what you can do to help? You can show your support for human rights defender Narges Mohammadi, a prisoner of conscience held solely for her peaceful human rights activism by doing any of the following:

Social media!

You can do your part by showing your support on social media! Via Facebook, Twitter or Instagram you can upload a picture of yourself with [#Freenarges](#) written on the palm of your hand alongside the tags [@HassanRouhani](#), the President of Iran, or [@khamenei_ir](#), the Supreme leader of Iran to show the Iranian authorities you have Narges' support! Make sure to use the hashtag [#FreeNarges](#) in your post - this is the best way to spread your message of support and a great way to track every action!



Signing a petition!



Signing a petition is a great way to show your support for Narges! Join Amnesty activists from around the world and take action by downloading the petition at [\(link\)](#) and start your own!



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By jailing Narges Mohammadi Iran is showing its intent to silence human rights defenders at all costs. [@HassanRouhani](#) must [#FreeNarges](#) NOW!

Solidarity action!

Help Narges stay strong by sharing a message of solidarity!

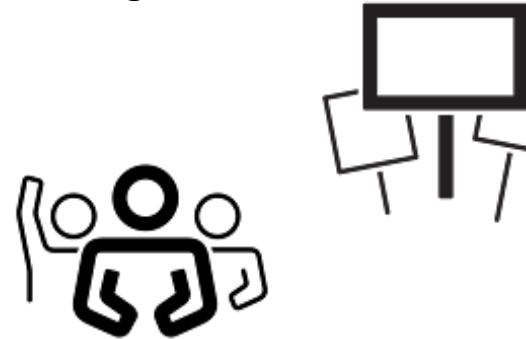
You can share your message of solidarity by:

- Downloading a postcard from [\(link\)](#) and sending Narges warm words of support

Send your postcards and letters to Locked Bag 7, Collingwood VIC 3066.



Fundraising



If you wish you can always fund raise for Amnesty at your events. There are many ways you can do this, if you would like advice or some ideas let us know.

Our movement

All of our actions bring us one step closer to securing Narges release. We work together to ensure she receives adequate health care and take steps to protect the right to freedom of expression and freedom of assembly within Iran.

For any further actions or information go www.amnesty.org.au/what-we-do/act-offline/#Narges

Write to your local paper!

This is your chance to educate a broader audience about Narges and her case.

- Send a letter to your local paper educating people about Narges and let them know what they can do to help her cause
- Include a link to the Amnesty website where they can access further information of the case (www.amnesty.org.au/what-we-do/act-offline/#Narges)
- Let them know if you're holding an event; your local paper will help you to promote it.
- For more information on how to engage local media go to [\(link\)](#)