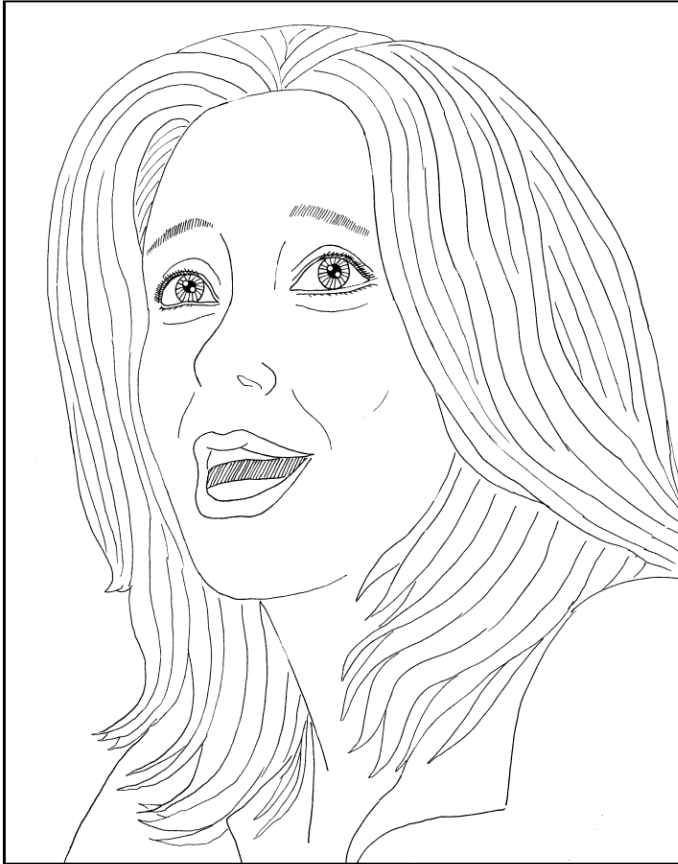


# END TORTURE DAY - JUNE 26



"It's only when we imagine for ourselves what it would be like to run from state terror, torture, rape, the destruction of our homes and families that we can understand how vital it would be to find a place that welcomed us and tried to heal our wounds."

-- Emma Thompson

Torture -- the intentional infliction of severe mental or physical pain or suffering -- is a violation of the most basic of all human rights. Many agreements have been made over the years to try to end the use of torture. Finally, the United Nations passed a Convention, a comprehensive legal document outlawing torture, which went into force on June 26, 1987. However, since then government-sanctioned torture has taken place in 150 countries, and in 70 of those countries torture by state officials was widespread.

Anyone can be a victim of torture -- soldiers, prisoners, men, women and children, young or old. The pain a torture victim experiences is only the beginning -- many victims suffer psychological scars for years.

Organizations like the Intl. Rehabilitation Council for Torture Victims help torture victims rebuild their lives with psychological and medical treatment. Other groups like Amnesty International monitor torture violations and bring legal actions to stop torture.

June 26 is the UN International Day in Support of Victims of Torture. It is an opportunity to educate your community about the widespread use of torture. It's a chance to urge countries that haven't signed the Convention against torture to do so, and to ensure that countries that have signed it never allow torture to take place.

## Do One Thing for a Better World

1. Find out more
2. Hold an event to raise awareness about the widespread use of torture
3. Contribute to organizations working to end torture

## Organizations Ending Torture

- Amnesty International ([amnesty.org](http://amnesty.org))
- International Rehabilitation Council for Torture Victims ([irct.org](http://irct.org))
- Coalition of Intl NGOs Against Torture ([cinat.org](http://cinat.org))
- Survivors International ([survivorsintl.org](http://survivorsintl.org))
- Survivors of Torture Intl ([notorture.org](http://notorture.org))

## DO ONE THING

The Emily Fund - Education, Mentorship, Inspiration, Leadership, Youth for a better world

[DoOneThing.org](http://DoOneThing.org) - [EmilyFund.org](http://EmilyFund.org)

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