

AMNESTY INTERNATIONAL



Knit or crochet a uterus and send it to your Member of Parliament calling on Canada to support the International Conference on Population and Development, and ensure that national and international norms support women's rights to exercise control over their own bodies.



Sample letter to MPs (to accompany your creation)

I would like to draw your attention to the 20-year review of the International Conference on Population and Development (ICPD) Programme of Action. Despite commitments made nearly 20 years ago, many of the 1.8 billion young people worldwide still struggle to access information, sexuality education, and sexual and reproductive health services they need. The sexual and reproductive rights of many more are at risk in future if world leaders fail to keep their promises.

Throughout 2013 and 2014, world leaders will meet to discuss progress on sexual and reproductive rights. I ask you to prioritize the health and human rights of young people, particularly young women and adolescent girls, in the ICPD+20 and post-2015 development agenda and beyond including:

- *universal access to quality, comprehensive, integrated sexual and reproductive health services, counseling, and information with respect for human rights; and*
- *comprehensive sexual education and other programs that empower young people to know their bodies and to exercise their human rights.*

Thank you for your attention to these important matters and I look forward to hearing what you plan to do ensure women's and girl's equality and their ability to make their own decisions about their sexual and reproductive rights.

*Sincerely,
(your full name here)*

Consider adding these tag lines to your creation:

“Dear Member of Parliament: If we knit you a uterus, will you stay out of ours?”

“Hands off my uterus! Here’s one of your own!”

“I’m sending you a uterus... Let me tell you why...”

“This knitted uterus is funny, but the reason behind it couldn’t be more serious.”

For more information and to sign our petition on sexual and reproductive rights visit us online at www.amnesty.ca. Please send photos of your knitted uterus to jhansen@amnesty.ca.

Uterus Knitting Pattern

Courtesy of MK Carroll and www.knitty.com

FINISHED MEASUREMENTS

- Height: 4 inches
- Body circumference: 10 inches
- Tubes: 6 inches long

MATERIALS

- 50 yards of chunky or heavy worsted yarn
- Stitch marker
- Tapestry/sew up needle
- Crochet hook
- 2 pipe cleaners
- Polyfill for stuffing

PATTERN NOTES

Abbreviations

Approx	approximately
CO	cast on
dpn(s)	double-pointed needle(s)
K	knit
K2tog	knit two together
M1	make one stitch
P	purl
Rem	remaining
rnd(s)	round(s)
st(s)	stitch or stitches
WS	wrong side(s)

I-Cord

CO required number of sts onto a dpn. K all sts. Next row: Instead of turning the work around to work back on WS, slide all sts to the other end of needle, switch the needle back to your left hand, bring the yarn around the back of work, and start knitting again. Give yarn a sharp tug after the first two sts. Repeat this row to form I-cord. The work will form a tube after a few rows.

DIRECTIONS

Body

Leaving a tail, CO 6 sts, and distribute evenly on 3 dpns. Place marker and join to begin working in the round, being careful not to twist on the first round.

Rnds 1-4: K all sts
Rnd 5: P all sts
Rnds 6-9: K all sts
Rnd 10: [K1, m1, k1] around 9 sts
Rnd 11: K all sts
Rnd 12: [K1, m1] around 18 sts
Rnd 13: K all sts
Rnd 14: [K2, m1] around
Rnds 15-18: K all sts
Rnd 19: [K1, m1, K7, m1, K1] around 33 sts
Rnd 20: [K2 m1, K7, m1, K2] around 39 sts
Rnd 21: [K1, m1, K11, m1, K1] around 45 sts
Rnd 22: K all sts



Cervix

From top of work, slide crochet hook into 6-st tube, catch end of tube, and pull up inside tube until purl row forms base. Push down gently on inner tube to make cervix look plump! Sew in place (optional).

Row 23: [K1, K2tog, K9, K2tog, K1] around 39 sts

Row 24: [K1, K2tog, K7, K2tog, K1] around 33 sts

Row 25: [K1, K2tog, K5, K2tog, K1] around 27 sts

Row 26: [K1, K2tog, K3, K2tog, K1] around 21 sts

Row 27: [K1, K2tog, K1, K2tog, K1] around 15 sts

Row 28: [K2tog, K1, K2tog] around 9 sts

Row 29: K all sts. Remove st marker. Cut yarn, leaving 12-inch tail, thread tail thru rem sts. DO NOT pull tail tight yet.

Fallopian Tubes (make 2)

CO 6 sts onto dpn.

Row 1: K all sts

Rows 2-4: Work 6 st. I-Cord, and all subsequent rows

Row 5: K1, K2tog, K3 5st

Rows 6-10: Work 5 st I-Cord

Row 11: K1, K2tog, K2. 4st

Rows 12-15: Work 4 st I-Cord

Row 16: K1, K2tog, K1. 3st

Rows 17-24: Work 3st I-Cord

Cut yarn, leaving a 20-inch tail. Thread yarn on tapestry needle and draw through rem sts, pull tight. Use yarn tails to sew loops (5 or 6). Knot and tie off.

FINISHING

Stuff body. Close off top of body. Bend tip of each pipe cleaner over (.25 inches). Slide bent end into fallopian tube, working from CO end. Leave 1 to 2 inches of pipe cleaner exposed. Push end of pipe cleaners into body. Spread out base of tube and sew to body. Bend fallopian tubes forward into a curve to pose them.