



**WRITE
FOR
RIGHTS**

**AMNESTY
INTERNATIONAL**



**“I SHOULD BE SEEN
AS THE PERSON I
AM ON THE INSIDE.”**

**JOHN JEANETTE SOLSTAD REMØ
NORWAY**

**WRITE A LETTER
CHANGE A LIFE**





To her friends, 'John Jeanette' is just Jeanette. But in public, she uses the full name – to highlight discrimination she and other transgender people in Norway continue to face.

When she came out as transgender in 2010, it was relatively easy for John Jeanette to change her legal name. But she wasn't allowed to change her legal gender. She was told she would need a compulsory 'real sex conversion' carried out by the Oslo University Hospital.

This is based on a crude practice from the 1970s, which involves having your reproductive organs removed – and therefore becoming sterile. It also requires a psychiatric diagnosis, and you are forced to accept that you suffer from a mental disorder. John Jeanette refuses to put herself through this.

It means all her official documents still refer to her as 'Mr' or 'male'. Her transgender identity is public, and often commented on whenever she has to show some form of ID, such as when she checks into a hotel or borrows a book from the local library. As well as suffering discrimination and harassment, John Jeanette could also have problems getting appropriate health care.

Help John Jeanette to lead the life she wants to live, free from discrimination. Please urge the Norwegian government to fix the law so she can change her legal gender without compulsory medical treatment.



WRITE A LETTER CHANGE A LIFE

Write to the Minister of Health in Norway

Call on the government to ensure laws are in place to allow John Jeanette and all transgender people in Norway to change their legal gender, without having to undergo compulsory medical treatment.

Write to: Bent Høie, Minister of Health and Care Services, PO Box 8011 Dep, 0030 Oslo, Norway

Email: postmottak@hod.dep.no

Twitter: [@helse_og_omsorg](https://twitter.com/helse_og_omsorg)

Facebook: facebook.com/helseogomsorgsdepartementet

Write a message of support to John Jeanette

John Jeanette would love to get your messages of support, and hear about what you've been doing to help – send an email to jsolstadrem@gmail.com

Send cards, letters and other messages to:

John Jeanette Solstad Remø,
c/o Amnesty International Norway,
PO Box 702 Sentrum,
0106 Oslo, Norway

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