

1. State of Emergency and Martial Law

- The state of emergency that was **extended** by the junta on 1 August 2024 for the sixth time since the coup in late July 2021 will remain **effective until 1 February 2025**.¹
- As of the end of July 2024, a total of 60 **townships remain placed under martial law**,² affecting more than 8 million people countrywide.³

2. Extra-Judicial Killings of Civilians

The conflict has **escalated dramatically** following a directive by junta leaders to reclaim territories lost to opposition forces across the country.⁴ This escalation has particularly targeted areas under the control of ethnic armed organizations in Rakhine and Shan States, but also in Mandalay, Kachin and Sagaing Region.⁵ Daily airstrikes have **deliberately targeted civilians**⁶ as well as **IDP camps**,⁷ villages, hospitals, schools,⁸ and religious sites sheltering displaced civilians.⁹ The junta's use of drone strikes¹⁰ and chemical weapons¹¹ has further exacerbated the crisis. Entire villages have been razed,¹² burned¹³ and looted while some civilians have been used as human shields,¹⁴ raped,¹⁵ or killed brutally.¹⁶ The junta and armed groups have increased landmine use, making **Myanmar the global leader in landmine casualties**.¹⁷

- At least **499 civilians were reported to be killed** by the junta between 1 September and 31 December 2024.¹⁸ Overall, an estimated total of **6,087 civilians have been killed** by the junta since the 2021 coup as of 1 January 2024.¹⁹
- An estimated **759 civilians**, including 170 women and 198 children, **were maimed** and 130 others, including 22 women and 47 children, **were killed by landmines** or explosive remnants of war (ERW) in 537 incidents nationwide between January and September 2024.²⁰

3. Forced Displacement

The humanitarian crisis in Myanmar has reached **record-high displacement** due to ongoing conflict, monsoon flooding, and economic collapse.²¹ Severe fighting has resulted in widespread displacement,²² while the military regime's heavy restrictions on movement has led to severe shortages of food and medicines.²³ Humanitarian aid remains hindered by access and security issues.²⁴ In Rakhine State over 570,000 IDPs face famine conditions.²⁵

There are also **outbreaks of disease**, such as cholera and diarrhea, especially in flood-affected areas.²⁶ The displacement caused by landmines and food insecurity has left many people unable to return home.²⁷ With the increasing number of civilians trapped in conflict zones like Gwa²⁸ and Ann²⁹ townships, the crisis has reached unprecedented levels, with **over 19.9 million people in need of humanitarian assistance** in 2025.³⁰

- The total number of **internally displaced persons (IDPs)** nationwide, as of November 2024, has reached over **3.4 million**, with 3.2 million of which began the displacement since the coup, and of which 51% are women and girls, and 49% are children.
- There have been an estimate of **149,000 refugee outflows** from Myanmar to neighboring countries since the coup.³¹

4. Arbitrary Arrest and Detention

Arbitrary arrest and detention remain widespread in Myanmar, particularly under the military junta and allied armed groups. Civilians are **detained without clear charges**, including political activists (like prominent protest leader Paing Phyo Min, U Aung Khaing and activist Dr. Aung Phyo),³² social workers³³ and humanitarian volunteers delivering aid to flood-affected areas.³⁴ Many detainees are **held incommunicado**,³⁵ subjected to indefinite detention, or forced to pay bribes for release or to avoid mistreatment.³⁶ In southern Shan State approximately 200 villagers were arrested without explanation as they returned from harvesting.³⁷

- At least **764 people were arrested** by the junta between 31 August and 31 December 2024.³⁸
- Overall, at least **28,051 people were arrested** since the coup, of whom 21,479 (76.6%) were still detained (as of December 2024).³⁹

5. Torture, Ill-Treatment, and Death in Detention

Torture and ill-treatment in Myanmar's detention facilities have become systemic, particularly under the military junta. Detainees are subjected to **various forms of physical abuse**, including beatings, suspension, forced kneeling, and exposure to animals, alongside psychological torture such as mock executions and threats of sexual violence.⁴⁰ Political prisoners face the worst conditions, with torture and lack of medical care, food or water, often leading to preventable deaths.⁴¹

- At least **87 people died in detention** between 1 September and 31 December 2024, representing 32.4% of those killed by the junta during that period.⁴²
- Overall, an estimated **1,974 people have died in detention** since the coup (as of December 2024).⁴³

6. Independence of the Judiciary and Due Process

- At least **272 persons were sentenced** between 1 September and 31 December 2024 by the junta-controlled courts, the majority of whom were convicted under the Counter-Terrorism law but also the Child Rights Law, the Television and Audio Broadcasting Law, the Penal Code and the Natural Disaster Management Law. They were handed down imprisonment (and in some cases also hard labor) of between 2 and 30 years, and up to life imprisonment and death sentence.⁴⁴
- Overall, at least **10,098 people have been sentenced** by the junta-controlled courts since the coup (as of 23 January 2025).⁴⁵

7. Death Penalty

In late 2024, the junta reportedly planned to **execute at least five individuals in Insein Prison**, including democracy activists convicted in closed trials.⁴⁶ The junta justified these executions through charges of terrorism, including accusations of involvement in the 2021 police shooting in Yangon.⁴⁷

- The junta-controlled courts sentenced **at least two people to death** between 1 September and 31 December 2024.⁴⁸
- Overall, at least **171 people have been sentenced to death** by courts under the control of the junta since the coup (as of 2 January 2025), including 44 in absentia.⁴⁹

8. Right to Privacy

Prison authorities have been collecting additional **personal information from both political and regular inmates**. Reports indicate that data such as names, parents' names, ages, and ID numbers are being gathered in at least 10 prisons, raising concerns among political prisoners who already provide extensive personal details upon incarceration.⁵⁰

9. Freedom of Movement

The **closure of the Asian Highway** increased costs and travel difficulties in Karen and Mon States, forcing travelers to use alternative routes with high tolls and numerous checkpoints.⁵¹ Movement between Myitkyina and Putao is also restricted to curb resistance recruitment.⁵² The junta also tightened **restrictions on international departures**, preventing citizens from leaving the country using "for visit" passports and requiring special work permits instead.⁵³ Abroad, Malaysia deported undocumented Myanmar migrants who now risk facing forced conscription,⁵⁴ while the junta mandated that overseas workers remit 25% of earnings, imposing penalties for non-compliance.⁵⁵

10. Freedom of Expression, including Press Freedom and Access to Information

Myanmar is one of the **most dangerous countries for press⁵⁶ and internet freedom⁵⁷** since the coup. The crackdown on dissent has intensified, with numerous individuals arrested for online criticism and raids of media offices.⁵⁸ The junta also escalated its control over the media, silencing critical voices and accusing journalists of spreading misinformation, especially regarding its handling of the Typhoon Yagi disaster.⁵⁹ Internet freedom has been severely curtailed, with widespread blackouts, internet shutdowns in conflict zones, and restrictions on VPNs.⁶⁰

- An estimated total of at least **193 media personnel have been arrested**, 37 sentenced, and 6 killed since the coup in 2021 (as of January 2025).⁶¹

11. Human Trafficking/Labor Exploitation

The enforcement of the Conscription Law led to a labor shortage, forcing **remaining workers into excessive overtime** and pushing some into exploitative conditions, including sex work.⁶² Myanmar's garment industry also suffered from economic instability and forced military conscription, with employers violating labor regulations and imposing excessive working hours on a predominantly female workforce.⁶³ The International Labour Organization (ILO) announced plans to take action against Myanmar's junta for rights violations, including **forced recruitment and labor exploitation**, potentially leading to economic sanctions and legal proceedings.⁶⁴ In Myawaddy Township, trafficked individuals were coerced into operating online scams, unable to escape due to debts and threats of violence.⁶⁵

12. Forced Military Recruitment

Myanmar's military junta **intensified its forced conscription efforts**, employing increasingly aggressive methods. In cities like Taunggyi and Yangon, young men were abducted during nighttime raids and sent to front lines without military training.⁶⁶ In towns like Hkamti and Loikaw, strict checkpoints and curfews led to arrests, with many conscripts being forced into military service if they could not pay bribes.⁶⁷ The junta also pressured labor agencies to bring migrant workers back for conscription, targeting those working abroad.⁶⁸ Many conscripts are fleeing to resistance-controlled zones or abroad to avoid the draft.⁶⁹

13. Situation of Women

The junta and allied Shanni Nationalities Army (SNA) forces committed **mass rapes against detained women** in Indaw Township, where at least 60 women were reportedly assaulted over two months.⁷⁰ Sexual violence continues to escalate, with reports of increasing incidents in both conflict and non-conflict zones, including prisons and checkpoints.⁷¹ Pregnant women in Karenni State face severe maternal health challenges, with inadequate medical access leading to preventable deaths.⁷²

- Between 1 September and 31 December 2024, at least **189 women were killed** and 59 arrested by the junta.⁷³
- Overall, an estimated total of **1,327 women have been killed** and 5,809 arrested since the 2021 coup, of whom 4,132 are still detained as of the end of December 2024.⁷⁴ Estimated **1,661 women have been sentenced** since the 2021 coup, including 16 to death and 59 to life imprisonment.⁷⁵

14. Situation of Persons with Disability

The population living with disabilities face significant **declines in financial aid, healthcare access and economic opportunities**. Economic hardships have forced former supporters to prioritize their own needs, leaving disabled individuals without essential assistance. Approximately **six million people with disabilities in Myanmar** are facing these challenges, with more than half being women. The number of disabled individuals is expected to rise due to injuries from ongoing conflicts.⁷⁶

- At least **6 of the civilians killed** between 1 September and 31 December 2024 had a **mental disability**.⁷⁷

15. Situation of Children

Over **6.4 million children require urgent humanitarian assistance** due to war, climate disasters, and public health emergencies. Over 1 million children have missed vital immunizations, making Myanmar a global **hotspot for "zero-dose" children**, and more than 5 million children remain out of school, increasing their vulnerability to forced recruitment, early marriage, and exploitation.⁷⁸

- Around **700 children are estimated to have been killed** since the coup (as of January 2025).⁷⁹
- An estimate of **at least 29 children were arrested** by the junta between 1 September and 2 January December 2025.⁸⁰ Overall, **more than 588 children have been detained** since the coup (as of January 2025).⁸¹
- An estimated **six million children remain in dire need of humanitarian assistance** across the country as of 31 October 2024, and the floods have affected at least 300,000 children.⁸²

16. Situation of Rohingyas

Many young **Rohingya men were forcibly conscripted** by both Myanmar's military and armed groups, leading to retaliatory attacks against Rohingya civilians and further displacement into Bangladesh.⁸³ There is mass displacement from Maungdaw Township due to Arakan Army incursions, forcing Rohingya into severe food shortages and dangerous river crossings into Bangladesh.⁸⁴ Many Rohingya women from northern Rakhine State attempt to reach Malaysia through smuggling networks and face severe abuses along the way, including deprivation of food and water, beatings, sexual violence, and life-threatening transport conditions.⁸⁵

- An estimated **5,385 Rohingyas**, of whom 23% were women and 56% children, **embarked on risky sea journeys** from Bangladesh (3%) or Myanmar (97%) between 1 September and 31 December 2024, while **478 were reported dead or missing**.⁸⁶
- Overall, an estimated **17,238 Rohingyas embarked on sea journeys** between early February 2022 and late December 2024, of whom **1,421 were reported dead** or missing while the status of 727 persons remains unknown.⁸⁷

FOOTNOTES

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