



Defying a Dictatorship

An Overview of the Human Rights Situation in Burma:
July-December 2025

INTRODUCTION

This report outlines human rights violations by ND-Burma members and affiliates from July to December 2025. The figures compiled highlight the undeniable injustices committed by the junta, which require a strong international response.

ND-Burma uses case studies, interviews, and eyewitness testimonies to document abuses by the Burmese Army, junta-backed militias, Ethnic Revolutionary Organizations (EROs), and People's Defence Forces (PDFs). The military junta is responsible for the vast majority of recorded crimes. During this period, ND-Burma observed an increase in assaults on civilians by the Burmese military. Our members collaborate closely with local communities to monitor the human rights situation, even as the broader conflict escalates.

SITUATION OVERVIEW

The human rights situation in Burma has severely deteriorated since the coup on February 1, 2021. The military junta has undermined democratic principles, triggering widespread protests against its rule.

Over the past five years, the military has continued violence against civilians, causing a humanitarian crisis that has plunged half the population into severe poverty. Millions have fled, as junta soldiers attack villages, burning homes and stealing possessions. Key infrastructure like hospitals, clinics, and schools have been targeted in airstrikes, risking lives, especially children. Limited access to healthcare, education, and jobs has shattered hope for a peaceful future. The situation remains volatile and complex, with no clear end to the conflict, as the justice system is weaponized and used as a tool of repression.¹

The military junta's deployment of airstrikes has led to widespread devastation across the country. In 2025, fighting took place in all 14 of Burma's states and regions² with the National Unity Government (NUG) reporting that there were 8,821 strikes between January and December 2025, with the highest intensity recorded in October, December, and September.³ As battles rage across the borderlines, the most vulnerable are left the least equipped to defend themselves against the tyranny that has engulfed their everyday lives. The military has increasingly relied on its air power to strike opposition-controlled areas, resulting in high casualties among non-combatants.

For women and girls, the impacts of the airstrikes are catastrophic and long-lasting. Women face immense risks in the aftermath of the aerial deployments. In a statement released by the Burmese Women's Union, it was reported that at least 70 women were killed across Burma in October 2025 alone, due to the military junta's airstrikes, mortar shell attacks, and other acts of violence.⁴

Blockades of life-saving emergency assistance have made it more difficult for conflict-affected communities to access food, water, shelter, and medical supplies. The absence of secure shelter and basic services heightens their risks, especially concerning gender-based violence (GBV) and sexual assault. Women and girls, unprotected, risk encountering dangers when seeking sanitation facilities. The safe provision of humanitarian aid has been weaponized by the military junta as a tool to appease the international community through statements and calls for support, while the realities on the ground starkly contrast the

¹ [Myanmar: Five years after the coup "justice system" remains an instrument of repression](#), International Commission of Jurists, 31 January 2026

² [Myanmar: Events of 2025](#), Human Rights Watch

³ See NUG on *X*

⁴ [Junta Airstrikes and Attacks Kill 70 Women in October](#), Mon News, 10 November 2025

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military's messaging, as local aid workers are targeted for their relief efforts.⁵

The funding cuts earlier in 2025 and declining donor support contributed to growing gaps in the ability to provide services and relief for community-based organizations working locally to provide emergency aid and implement programs.⁶ Though limited in capacity and resources, locally led organizations have persisted in filling the increasing gaps in service delivery because the junta cannot be trusted as a reliable partner in aid distribution.

As this report by ND-Burma shows, members have courageously documented the ongoing attacks that have plagued their communities. The struggle and strife are the result of the regime's desperate attempts to secure legitimacy and power, further advanced on the national stage through a sham election designed to ensure no other candidate or competing party could succeed. The boycott that followed was met by junta officials who violently threatened and coerced local people into forcibly complying with the order to vote. The chaos and instability in the country led to the election only being carried out in 263 of 330 townships and predominantly in areas under junta control.⁷

Additional concerns for local people include forced conscription, which puts the safety of both men and women at risk. Young people continue to be forced to fight on the front lines of a worsening conflict, leaving them with few options to avoid enlistment. The junta began enforcing the 2010 People's Military Service Law for the first time in February 2024, mandating at least 2 years of military service for all men aged 18-35 and women aged 18-27.

Survival, particularly in Burma's borderlands, is being met with resistance by the junta, while civil society organizations are working to protect and preserve the human rights of innocent people. Although many challenges remain, the foundational work of groups opposing the junta's authoritarian agenda is crucial for building a federal democracy in Burma.

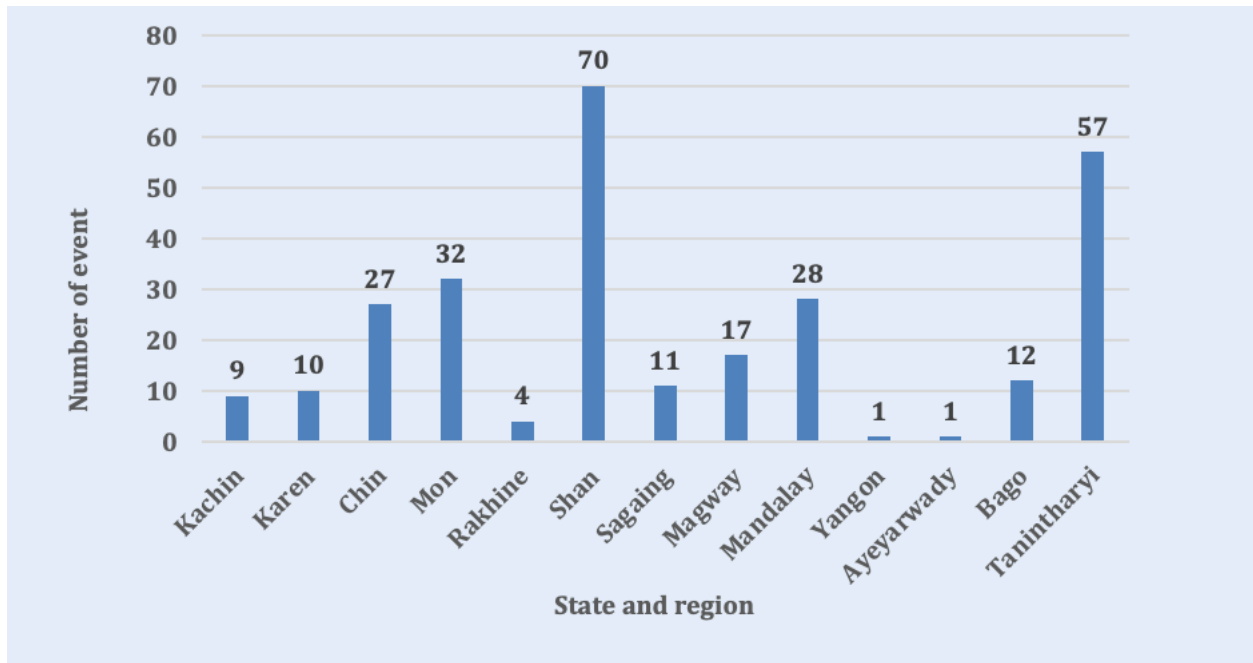
⁵ [Myanmar junta accused of systematically weaponizing humanitarian aid, new briefing warns](#), Progressive Voice, 11 December 2025

⁶ [Myanmar: Implications of the US funding freeze and cuts on humanitarian response and health needs](#), ACAPS, 21 March 2025

⁷ [Myanmar: Türk says military-controlled ballot exacerbates violence and social division](#), 30 January 2026

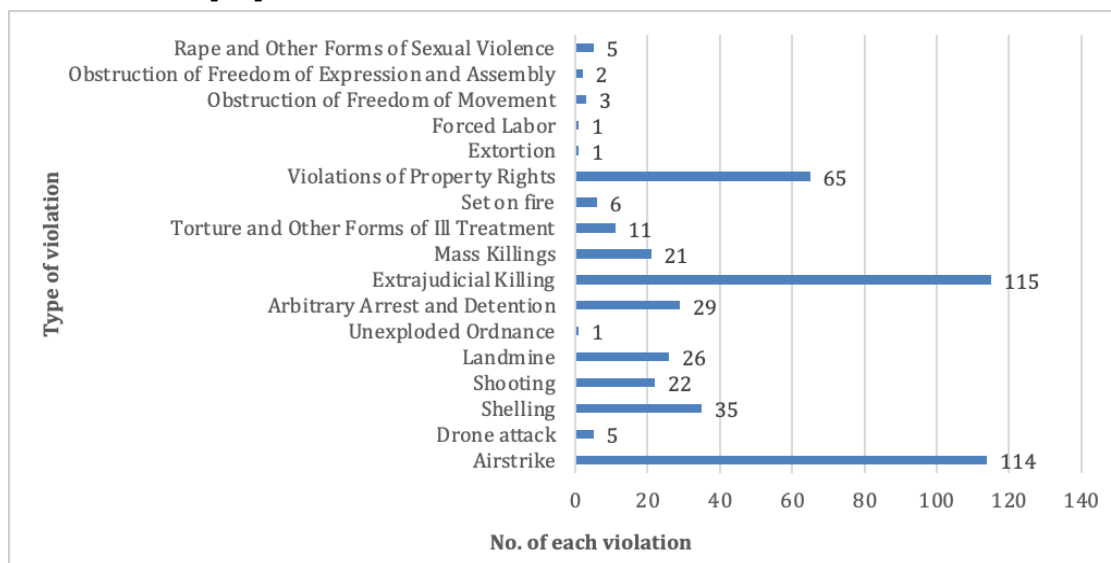
KEY DOCUMENTATION FINDINGS BY MEMBERS OF THE NETWORK FOR HUMAN RIGHTS DOCUMENTATION - BURMA

July - December 2025



Number of human rights violations by state and region.

According to documentation from ND-Burma members, between July and December 2025, ND-Burma’s member organizations documented 462 human rights violations across 279 incidents in seven regions and six states in Burma. Of these violations, 271 were attributed to the military junta, 5 to Ethnic Revolutionary Organizations (EROs), and 3 could not be attributed to a perpetrator.



Number of violations within 279 instances (462 human rights violations)

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In total, 881 individuals had their rights violated, including 357 males, 187 females, 182 children, and 155 individuals whose gender or age could not be determined. Notably, 352 individuals were killed, comprising 173 males, 80 females, 82 children, and 17 individuals of unknown gender or age.

Type of violation	Male	Female	Child	Unknown	Total
Arbitrary Arrest and Detention	37	7	4	40	88
Extrajudicial Killing	124	37	36	2	199
Mass Killings	49	43	46	15	153
Torture and Other Forms of Ill Treatment	6	1	1	0	8
Forced Labor	0	0	0	15	15
Rape and Other Forms of Sexual Violence	0	3	1	1	5
Recruitment and Use of Child Soldiers	2	0	0	0	2
Injured	139	96	94	82	411
Total	357	187	182	155	881

Number of victims by type of violations.

Mostly, they were killed by attacks such as airstrikes, artillery shelling, gunshots, and land mines, while some were killed by torture and ill treatment during interrogations and in prisons. A total of 411 individuals were injured in attacks such as airstrikes, artillery shelling, gunfire, and land mines. This includes 139 males, 96 females, 94 children, and 82 individuals of unknown gender or age. In addition, at least 357 houses, 9 monasteries and 16 vehicles were destroyed by airstrikes, drone attacks, artillery shelling, and arson.

Attack by Military Weapons	Number of victims killed					Number of victims injured				
	Male	Female	Child	Unknown	Total	Male	Female	Child	Unknown	Total
<i>Airstrike</i>	80	72	61	15	228	99	72	91	78	340
<i>Drone attack</i>	6	1	1	0	8	2	6	1	0	9
<i>Shelling</i>	17	6	10	0	33	16	11	1	4	32
<i>Shooting</i>	25	1	5	2	33	2	1	0	0	3
<i>Landmine</i>	7	1	0	0	8	20	6	1	0	27
Total	135	81	77	17	310	139	96	94	82	411

Number of killed and injured by military weapons.

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The primary perpetrators were the military junta. There have been no reparations for any of the cases, as victims and survivors in Burma continue to be denied access to pathways for justice.

Human Rights Violations by State and Region

	Kachin	Ayeyarwady	Karen	Chin	Mon	Rakhine	Shan	Sagaing	Magway	Mandalay	Bago	YG N	Tanintharyi	Total
Attack by Military Weapons														
<i>Airstrike</i>	4	1	1	9	4	2	51	2	2	25	5		8	114
<i>Drone attack</i>			1		1						3			5
<i>Shelling</i>			4	1	14				1				15	35
<i>Shooting</i>	3			2	1			1	4		1		10	22
<i>Landmine</i>			1	3		1	15		1				5	26
<i>Unexploded Ordnance</i>				1										1
Arbitrary Arrest and Detention	1		1	7	9					1	1		9	29
Extrajudicial Killing	5		3	10	11	1	19	9	15	12	7	1	22	115
Mass Killings					3	1	6	2		5	1		3	21
Torture and Other Forms of Ill Treatment					3		1						7	11
Set on fire													6	6
Violations of Property Rights	1	1	1	4	8	1	27	2	2	4	5		9	65
Extortion													1	1
Forced Labor				1										1
Obstruction of Freedom of Movement				2									1	3
Obstruction of Freedom of Expression and Assembly					1								1	2
Rape and Other Forms of Sexual Violence			1		1								3	5
Total	14	2	13	40	56	6	119	16	25	47	23	1	100	462

RECOMMENDATIONS

To the United Nations bodies, the Human Rights Council, and the Security Council

1. Immediately refer the human rights situation in Burma to the International Criminal Court and further evaluate and consider all pathways to justice for victims of the military junta's mass crimes against civilians.
2. Impose and enforce aviation fuel sanctions to deter the ongoing use of airstrikes by the military junta.
3. Immediately adopt a resolution that acknowledges the worsening of the human rights crisis on the ground in Burma and impose strict repercussions following a global arms embargo halting the free flow of weapons into the conflict-torn country.
4. Support civil society organizations on the ground and respective human rights defenders by advancing documentation and evidence of mass crimes against humanity perpetrated by the military junta.
5. Dispatch a monitoring team immediately to assess the situation in Burma.
6. Child protection stakeholders, including UNICEF, must lobby for the young victims of the junta's crimes by calling for investigations into their unlawful murders. Mechanisms must be instituted to set a precedent that children are not targets.

To the Association of Southeast Asian Nations – ASEAN

1. Members of ASEAN must engage with members of the National Unity Government and other related democratic affiliates in the country who believe in a future in Burma that is free from violence, political prisoners, and ongoing conflict.
2. Support peace-driven solutions from Burmese civilians outside the military junta. ASEAN must end its dialogue with the junta if it is serious about pursuing and supporting prospects for peace in the country.
3. The problematic '5-Point Consensus' must be abandoned immediately, and a new approach must be adopted to ensure reforms progress.
4. ASEAN must support restrictions on the use of foreign currency for arms purchases and on the purchasing power of arms and other military equipment.
5. ASEAN must show its solidarity with the people of Burma by supporting UN-mandated resolutions, including a global arms embargo, to put an effective end to the military junta's assault on innocent people.

To the International Community

1. Refuse to engage with the Burmese junta and any representative the regime claims as legitimate. In doing so, the representation of any military junta official at international affairs, meetings, summits, and gatherings must be strictly prohibited. All efforts to engage with the country's leadership must be made with the National Unity Government.
2. Immediately pursue more effective sanctions on the Burmese military junta leadership and soldiers, as well as their families.
3. Reinforce calls for lifting humanitarian restrictions so that aid can flow freely and safely to needy communities.
4. Strengthen international protection mechanisms to ensure that victims of human rights violations and organizations on the ground have access to ready and reliable accountability mechanisms.
5. Support local community-based organizations and the facilitation of cross-border aid as they work to support the crisis along the various borders, including Thailand and India and inside Burma.
6. Take more transparent, concrete steps to collaborate with local organizations and ethnic political parties to achieve peace and find solutions to the country's longstanding challenges that align with local people's desires, rather than those of the military junta.
7. Maintain calls for the release of all political prisoners and for charges to be dropped immediately and unconditionally.
8. Cooperate with UN-mandated investigations to ensure justice for all people in the country.