



Sarah Havdala
Policy Analyst

Jonah Brody
Policy Analyst

Iran Protests Update: January 14, 2026

Since December 28, 2025, protests against the Iranian regime have erupted across Iran in response to the country's economic collapse. JINSA will release daily updates covering the demonstrations as long as they continue. The update below reflects information as of January 14, 2026, at 10:30 am ET.

Overview

The Human Rights Activists News Agency (HRANA) has confirmed the deaths of at least [2,403](#) individuals during the ongoing protests. However, *Iran International* has reported that at least [12,000](#) have been killed, with many of those deaths reported as the country plunged into a nationwide internet outage on January 8 and 9. HRANA also reported that over [18,434](#) others have been detained as of January 14.

Protests

- Overnight between January 13 and 14, protests continued in the cities of [Tehran](#), [Tabriz](#), [Isfahan](#), and [Shiraz](#). Other reports suggest [unrest](#) occurred in Mashhad, Kermanshah, Ilam, Shiraz, and Karaj.
 - » Protesters allegedly [chanted](#) “death to the dictator,” in neighborhoods of Tehran and “death to [Supreme Leader Ali Khamenei] Khamenei,” at a funeral in Behesht-e Zahra cemetery.
- HRANA has reported that as of January 14, [614](#) protests have occurred across 187 cities.
- On January 13, the Kurdistan National Army (SMK), the armed wing of the Kurdistan Freedom Party (PAK), [claimed](#) in a statement that it had captured an Islamic Revolutionary Guard Corps base in Iran's western Kermanshah province.
- On January 13, eyewitnesses reported seeing [civilians armed](#) with hunting weapons and military rifles in a town outside of Shiraz.

Regime Retaliation

- The Iranian regime announced that it would execute 26-year-old protester [Erfan Soltani](#) on January 14. Authorities arrested Soltani on January 8 in Karaj. He is the first known individual to receive a death sentence for participating in the ongoing protests.
- On January 14, *Iran International* reported that security forces have begun raiding and firing at the [family homes](#) of murdered protesters in eastern Tehran.
 - » *Iran International* also reported that authorities informed the families of murdered protesters that they must collect their bodies, carry out expedited burials, and that they will be charged fees for the live ammunition used to kill their loved ones.

- » IranWire also reported that families in [Shiraz](#) have not received the bodies of their loved ones and are reportedly required to pay a fine for the ammunition authorities used.
- On January 14, [Fars News Agency](#), an Iranian-state media outlet, announced that Iran's internet will likely remain down for the next "one to two weeks."
- On January 13, *The Guardian* reported that ophthalmologists in Tehran have treated over 400 [gunshot wounds](#) to patients' eyes following protest crackdowns.

Regime Responses

- On January 14, [Ali Shamkhani](#), senior adviser to Khamenei, threatened to attack the U.S. Al Udeid Air Base in Qatar if the United States strikes Iran.
- On January 14, Reuters [reported](#) that a senior Iranian official said Tehran has warned regional countries it would target U.S. military bases on their soil if Washington launches an attack against Iran.
- On January 14, an Iranian official [told](#) Reuters that Iran suspended direct communication between Iranian Foreign Minister Abbas Araghchi and U.S. Special Envoy Steve Witkoff, following President Donald Trump's intervention threats.
- On January 14, Reuters, citing Iranian state media, [reported](#) that Iranian Foreign Minister Abbas Araghchi told United Arab Emirates Foreign Minister Sheikh Abdullah bin Zayed that "calm has prevailed" and emphasized that Iranians are determined to defend their sovereignty and security against any foreign interference.
- On January 14, HRANA [shared a post](#) in which Iranian Justice Minister Amin Hossein Rahimi stated in an interview with state media that "anyone who has been present on the streets since January 8 onward is definitely considered a criminal."

U.S. Responses

- On January 14, diplomats reportedly told Reuters that some U.S. military personnel are being evacuated from the [Al Udeid](#) Air Base in Qatar in the event of Iranian retaliation on U.S. assets in the region.
- On January 13, [Axios](#) reported that U.S. Special Envoy to the Middle East Steve Witkoff met with exiled Iranian prince Reza Pahlavi. A senior U.S. official claimed that the two discussed the ongoing protests.

International Responses

- On January 13, Qatar's Foreign Ministry spokesman Majed al-Ansari [warned](#) that any military escalation between the United States and Iran "would have catastrophic results" for the region and stressed that Qatar "want[s] to avoid that as much as possible."
- On January 13, the U.K. Foreign Secretary Yvette Cooper [announced](#) plans to introduce legislation for additional sanctions on Iran, targeting sectors such as finance, energy, transport, and software.
- On January 13, *NBC News* [revealed](#) that Israeli and Arab officials privately urged the Trump administration to delay any military strike against Iran, arguing that the Islamic Republic has not yet been weakened enough for a U.S. attack to lead to its collapse.
- On January 14, French Foreign Minister Jean-Noël Barrot [stated](#) that France is considering sending Eutelsat equipment, the European alternative to Starlink, to Iran to restore internet access.

- On January 14, a German government spokesperson [stated](#) that Berlin is reviewing its trade volumes with Iran, including the categories of goods involved, as part of efforts to explore ways to increase pressure on Tehran.
- On January 14, the Swedish government summoned the [Iranian ambassador](#) in response to the regime's violence against protesters.
- On January 14, Finnish Member of the European Parliament Mika Aaltola [criticized](#) several European Union member states—including Spain, Italy, Luxembourg, and France—for reportedly blocking efforts to designate Iran's Revolutionary Guards as a terrorist organization.