



Life-skills, Leadership and Limitless Potential (LLP)

Worksheet

Human Rights

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Worksheet

Human Rights

Aims

- To introduce Human Rights and the United Nations Convention on the right of the Child (UNCRC)
- To make the link between human rights and sexual violence
 - sexual violence as a violation of human rights

Resources

- Power walk characters and questions
- Human Rights information booklet:
www.un.org/en/udhrbook/pdf/udhr_booklet_en_web.pdf
- Child friendly version of the UNCRC:
www.unicef.org/rightsite/files/uncrcchilddfriendlylanguage.pdf

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Human Rights

Process

Human rights

Begin by asking the group what they think a human right is. The aim is to draw out how rights are different from wants or needs. Make a list of examples of human rights.

Definition of human rights:

Share and discuss:

"Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death. They apply regardless of where you are from, what you believe or how you choose to live your life. They can never be taken away, although they can sometimes be restricted – for example if a person breaks the law, or in the interests of national security. These basic rights are based on values like dignity, fairness, equality, respect and independence. But human rights are not just abstract concepts – they are defined and protected by law. In Britain our human rights are protected by the Human Rights Act 1998."

Power walk exercise:

Give each person a piece of paper with a character written on it.

You will read out statements. If their character can answer 'yes', they move forward 2 steps, 'maybe' - 1 step, 'no' - stay still.

Once they have moved they should stand still and wait for the next statement. After all the statements have been read ask different characters in the group to:

- Reveal their character to the group – who were they?
- Explain where their character ended in the race and how that feels?
- What stopped them being able to move forward?
- How did it feel when they were unable to move forward?
- How did it feel to be the one always moving forward ahead of others?
- Do they feel included in society/community?

Worksheet

Human Rights

Rights and Sexual Violence

Spend the rest of session looking at the Human Rights booklet or the child-friendly version of UNCRC. Ask:

- Which rights would be restricted or undermined by the experience or threat of sexual violence and abuse?
- Which rights are related to participation? This is an opportunity for the group to focus on Article 12 of the UNCRC

The group can work in pairs or as a whole group.



Co-funded by the Rights,
Equality and Citizenship (REC)
Programme of the European Union



Stichting **Alexander**

Young people active in
research and youth policy



Pulse Foundation



Euro**child**

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