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IMPACT OF HUMAN RIGHTS ON OUR EVERYDAY LIFE

Human rights reflect basic human needs. They are about the right to life, equality, respect, freedom from discrimination, freedom of speech etc. These two activities will reflect on the importance of human rights for ourselves and will raise awareness about inequality of opportunity. As a result, they will also strengthen critical thinking.

The two activities do not have to be performed in combination. In case the concept of human rights is not well known yet, it is recommended to start with “Human Rights Diary”. “Take a step forward” can then be used as an exercise to foster the knowledge about human rights.



Title:

Human Rights Diary



Objectives

- Raising awareness about the impact of human rights on our everyday life
- Developing critical thinking



Methods (discussion, role play, etc.):

- Groupwork
- Discussion
- Reflection



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Time format:

About 75 minutes



Democracy skills addressed:

- Self-knowledge
- Critical thinking
- Getting to know your rights



Age group:

14 years or older



Number of participants:

6 to 20 participants



Necessary materials/software:

6-20 Simplified version “Declaration of Human Rights” and copies of the work sheet depending on the number of participants; flipchart paper



Sources:

Austrian Centre for Citizenship Education in Schools
www.politik-lernen.at



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Description (process):

- Briefly explain what the Universal Declaration of Human Rights is and that the principles of this declaration are recognised by all states in the world. Ask participants if they can name some human rights. Explain to the young people that human rights have a strong influence on our everyday life. For example:
 - 7.30 breakfast (Art. 25: "Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food.")
 - 9.00 Lecture at university (Art. 26: "Everyone has the right to education.") (15 min)
- Give each participant a copy of the worksheet and a copy of the simplified version of the Human Rights Declaration.
- They first spend 10 minutes thinking on their own about four activities or places they associate with human rights and note them down.
- Participants are then divided into small groups of three to compare their tables and to discuss them. They create a poster on which they aggregate the results. Each group decides who will present the results in the plenum. (15-20 min.)
- Each group presents one or two aspects of their discussion. (10 min)
- In the closing session, the following questions can be discussed in a fishbowl format (10-20 min)
 - Was there any primary topic or issue you were focusing on during your discussions?
 - Was it difficult to relate your daily routine to human rights?
 - Are some human rights more important to you than others?
 - Why is it important that human rights apply universally?
 - What are reasons for specific human rights not being respected?

Fishbowl-format

A small group of participants in the inner circle (in the "goldfish bowl") discusses the topic while the other participants in an outer circle observe the discussion.

In the inner circle, there is an empty chair - the so called "guest chair". If a participant from the outer circle wants to contribute to the discussion, he/she can sit down on it until he or she has said everything or until another participant from the outer circle wants to sit on the guest chair. Alternatively, a participant from the inner circle can free their seat to allow a participant from the outer circle to participate in the inner circle.





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SIMPLIFIED VERSION OF THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

1

Freedom, equality, solidarity

ARTICLE

Everyone is free and we should all be treated in the same way.

2

Ban on discrimination

ARTICLE

Everyone is equal despite differences in skin colour, sex, disability, religion, language for example.

3

Right to life and freedom

ARTICLE

Everyone has the right to life and to live in freedom and safety.

4

Ban on slavery and slave trade

ARTICLE

No one has the right to treat you as a slave nor should you make anyone your slave.

5

Ban on torture

ARTICLE

No one has the right to hurt you or to torture you.

6

Recognition as a legal person

ARTICLE

Everyone has the right to be treated equally by the law.

7

Equality for the law

ARTICLE

The law is the same for everyone, it should be applied in the same way to all.

8

Right to legal protection

ARTICLE

Everyone has the right to ask for legal help when their rights are not respected.

9

Protection against arbitrary arrest and expulsion

ARTICLE

No one has the right to imprison you unjustly or expel you from your own country.

10

Right to be heard

ARTICLE

Everyone has the right to a fair and public trial.



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11

Presumption of innocence; no punishment without law

ARTICLE

Everyone should be considered innocent until guilt is proved.

12

Protection of the sphere of freedom of the individual

ARTICLE

Everyone has the right to ask for help if someone tries to harm you, but no-one can enter your home, open your letters or bother you or your family without a good reason.

13

Freedom of movement and emigration

ARTICLE

Everyone has the right to travel as they wish.

14

Right to asylum

ARTICLE

Everyone has the right to go to another country and ask for protection if they are being persecuted or are in danger of being persecuted.

15

Right to nationality

ARTICLE

Everyone has the right to belong to a country. No one has the right to prevent you from belonging to another country if you wish to.

16

Freedom of marriage and protection of the family

ARTICLE

Everyone has the right to marry and have a family.

17

Guarantee of property

ARTICLE

Everyone has the right to own property and possessions.

18

Freedom of thought, conscience and religion

ARTICLE

Everyone has the right to practise and observe all aspects of their own religion and change their religion if they want to.

19

Freedom of expression and information

ARTICLE

Everyone has the right to say what they think and to give and receive information.

20

Freedom of assembly and association

ARTICLE

Everyone has the right to take part in meetings and to join associations in a peaceful way.



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21 **Universal and equal suffrage; admission to public office**
ARTICLE Everyone has the right to help choose and take part in the government of their country.

22 **Right to social security**
ARTICLE Everyone has the right to social security and to opportunities to develop their skills.

23 **Right to work and equal pay, freedom of association**
ARTICLE Everyone has the right to work for a fair wage in a safe environment and to join a trade union.

24 **Right to rest and leisure**
ARTICLE Everyone has the right to rest and leisure

25 **Right to an adequate standard of living**
ARTICLE Everyone has the right to an adequate standard of living and medical help if they are ill.

26 **Right to education, educational objectives, parental rights**
ARTICLE Everyone has the right to go to school.

27 **Freedom of cultural life**
ARTICLE Everyone has the right to share in their community's cultural life.

28 **Adequate social and international order**
ARTICLE Everyone must respect the 'social order' that is necessary for all these rights to be available.

29 **Basic obligations and restrictions**
ARTICLE Everyone must respect the rights of others, the community and public property.

30 **Interpretative rule**
ARTICLE No one has the right to take away any of the rights in this declaration.

Source: www.amnesty.at/%C3%BCber-amnesty/aktivist-innen/materialien/allgemeine-erklaerung-der-menschenrechte-in-einfachen-worten (German version)



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WORKSHEET HUMAN RIGHTS DIARY

Think about four things you do in a day
which are related to human rights.

Time of the day?	Activity/Place	Human Rights involved?



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