

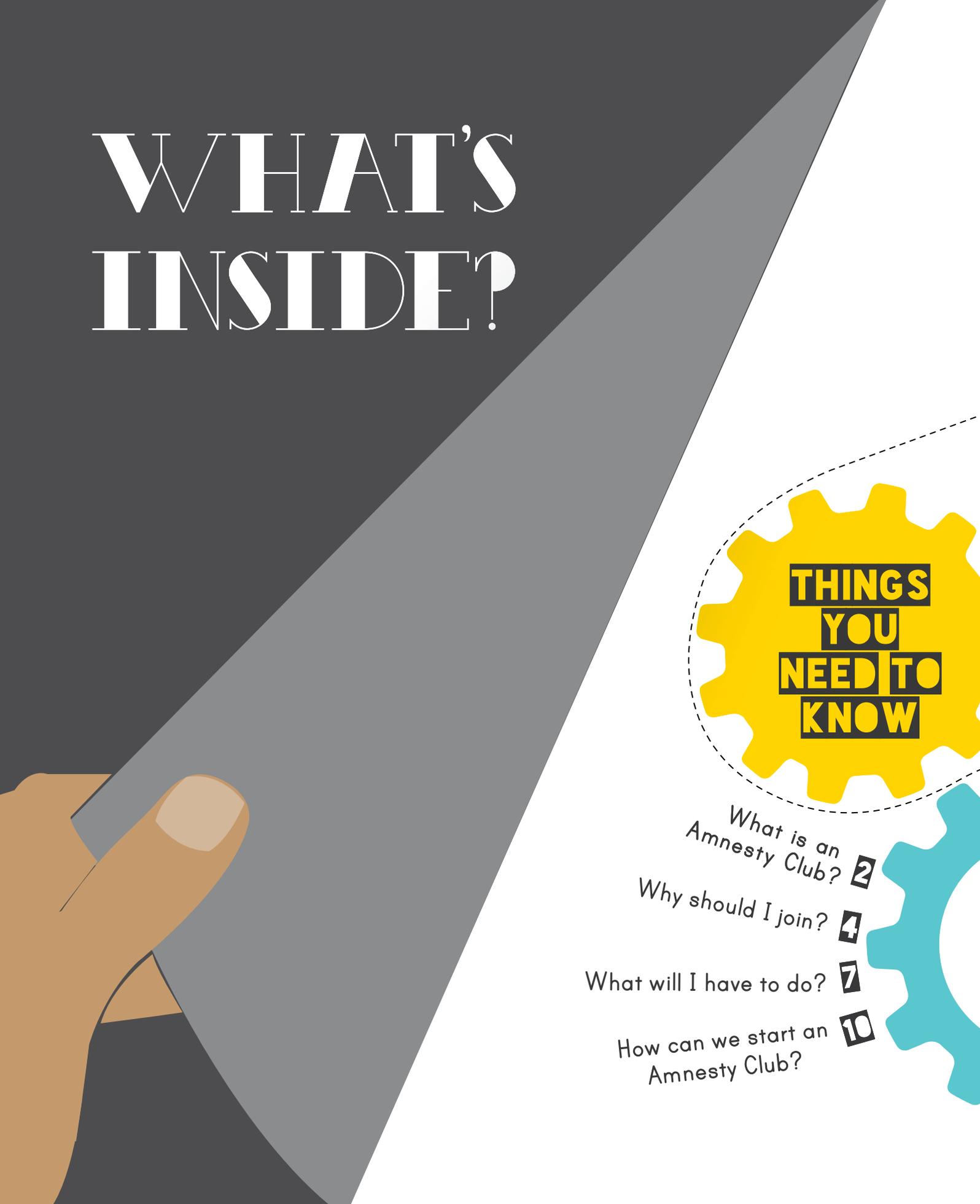


HUMAN RIGHTS EDUCATION  
AMNESTY  
INTERNATIONAL

# YOUR VOICE ACTION CHANCE TO MAKE A DIFFERENCE



# WHAT'S INSIDE?



## THINGS YOU NEED TO KNOW

What is an  
Amnesty Club? **2**

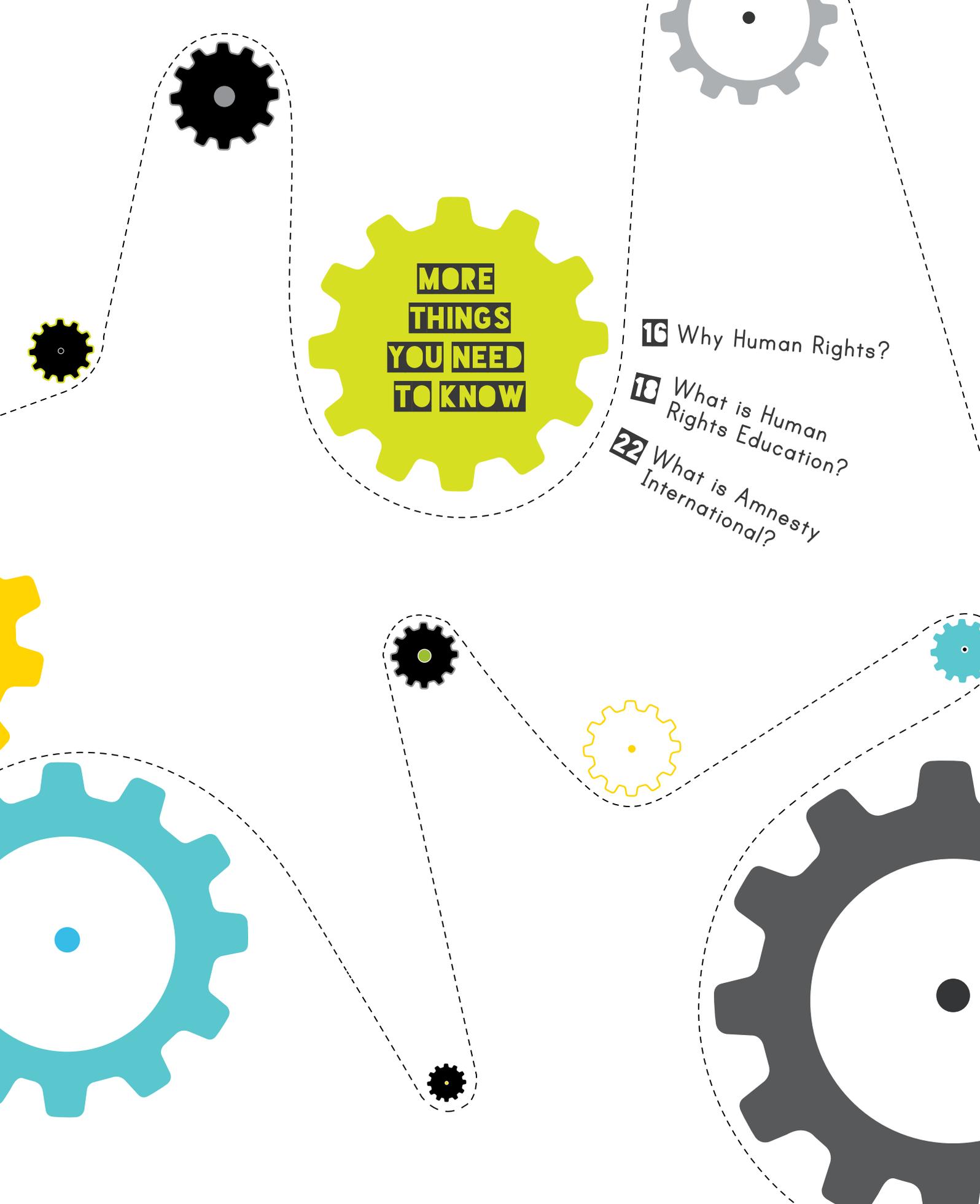
Why should I join? **4**

What will I have to do? **7**

How can we start an  
Amnesty Club? **10**



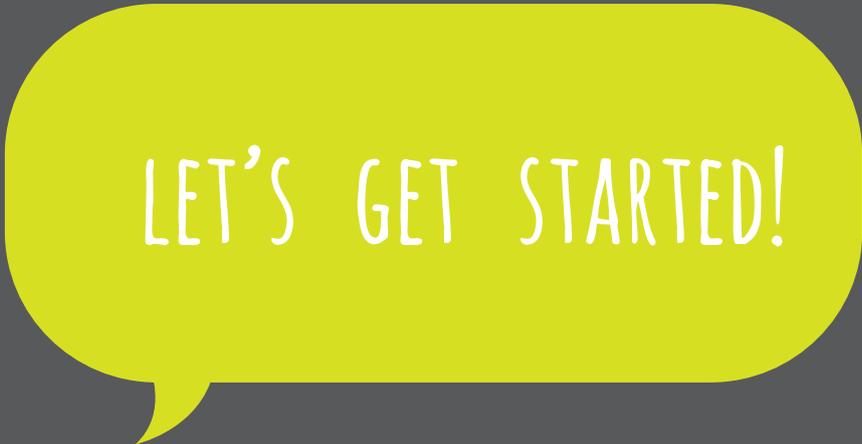
**MORE  
THINGS  
YOU NEED  
TO KNOW**



**16** Why Human Rights?

**18** What is Human Rights Education?

**22** What is Amnesty International?



LET'S GET STARTED!

# WHAT IS AN AMNESTY CLUB?

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‘ A CHANCE FOR THE STUDENT COMMUNITY TO JOIN THE MOVEMENT FOR HUMAN RIGHTS. ’

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## Why should young adults be left out from doing the right thing?

We've all seen things that happen to people and think, "That's not right!" We even learn about people who have stood up for their rights, and the rights of others - Mahatma Gandhi, Martin Luther King, Nelson Mandela, Aung San Suu Kyi, Malala Yousafzai... So why can't you?

Just because you're a student, doesn't mean you can't do your bit to make the world a better place. Okay, so you might need to shout a little louder to be heard, and people may not notice you at first. But if enough young people start talking about things that are important, people will sit up and take notice.

**YOUR VOICE WILL BE HEARD.**

An Amnesty Student Club is a place for you and your fellow students to learn about human rights and **DO** something about the issues that are important to **YOU**. Start a petition. Sign a pledge. Or launch an awareness campaign about human rights issues that affect you and your peers.

Whether it's bullying on campus or something else that you think is against human rights - either in your institution or in your country - an Amnesty Club is a place for you to **DISCUSS, LEARN, SPEAK UP AND TAKE ACTION.**

# HUMAN RIGHTS IS NOT CHILD'S PLAY...

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Okay, so we've all complained about how totally unfair assignments are, but that's not something we'll be talking about in the Amnesty Club.

AMNESTY CLUBS ARE PLACES WHERE STUDENTS GET A CHANCE TO LEARN AND TALK ABOUT REAL-LIFE HUMAN RIGHTS ISSUES.

It's also a place where students understand the responsibilities that come with having your rights. While we choose to do this in a **FUN** and **INTERACTIVE** way, we're pretty serious about it. 'Coz let's face it... changing the world is not going to be a piece of cake.

The good news is that the things you learn about in the club don't need to stay there. You can take it out to your classmates, your parents and even your communities. **THE MORE PEOPLE YOU SPEAK TO, THE MORE AWARENESS YOU RAISE ABOUT HUMAN RIGHTS.** That is the crucial part... it's your first step to making a difference in the world.





● **WHY**

STUDENTS CAN MAKE A DIFFERENCE IN THE WORLD, BUT THAT'S JUST OUR OPINION.  
YOU DECIDE.

# 10 REASONS

## WHY AN AMNESTY CLUB IS A PLACE FOR YOU!

### YOU THINK THAT:

- Injustice, discrimination and inequality is wrong.
- Age is no barrier to doing the right thing – students are people too!
- Your thoughts and opinions on human rights issues should be heard.
- Ensuring your rights and the rights of your fellow students is important, and should be part of your daily life.
- Every human being is responsible for safeguarding the rights of their peers.

### YOU WANT TO:

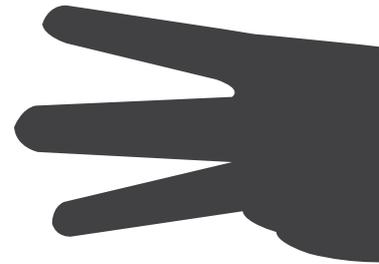
- **SPEAK UP** about the injustices you see around you.
- **DO** something to make a change in the world around you.
- **MOTIVATE** others around you to care about human rights.
- **INTERACT** with people who feel the same way about human rights as you.
- **PIONEER** a network of students across India interested in promoting and protecting human rights.



WE THINK STUDENTS ARE AMAZING  
FIREBALLS OF CREATIVITY!



WE LOVE YOUR ENTHUSIASM...  
**GO TEAM!**



WE WANT STUDENTS LIKE YOU TO  
UNDERSTAND THE IMPORTANCE OF  
HUMAN RIGHTS IN THE WORLD.

WE BELIEVE THAT AS FUTURE ADULTS OF  
TOMORROW, YOU ARE THE KEY TO BUILDING  
A HUMAN RIGHTS FRIENDLY WORLD.



WE THINK YOU HAVE GREAT POTENTIAL  
TO TAKE HUMAN RIGHTS INTO  
EDUCATIONAL SPACES.



WHAT WILL I HAVE TO DO?



THERE'S SOME WORK INVOLVED, BUT IT'S A LOT OF FUN...

The concept of Amnesty Clubs is based on the fact that **YOU**, as a student, young adult of today and future adult of tomorrow should know about the rights to which you are entitled, as well as understand the responsibility of safeguarding the rights of others.

Sounds a bit like a **SUPER HERO** club, doesn't it?!!!

Well, it kind of is...



## BOOT CAMP FOR

# HUMAN RIGHTS HEROES



**YEP, WE THINK YOU'RE THE GOOD GUYS.**

And an Amnesty Club is where you can learn about human rights and practice the art of fighting injustice. Without the violence and weapons, of course!

We have some cool **TOOLKITS** and **ACTIVITIES** to help you and your fellow Human Rights Heroes to get the fundamental concepts of human rights values and **RESPONSIBILITIES** down pat. Once you've learnt the basics, it's up to you and your club to plan **YOUR MISSION TO BRING HUMAN RIGHTS INTO DAILY STUDENT LIFE.**

We'll give you ideas on what you can do, and keep you updated with news of **CAMPAIGNS AND ACTIVITIES** you can join. You can even pick your own topics and campaign on them within your institution and surrounding areas.

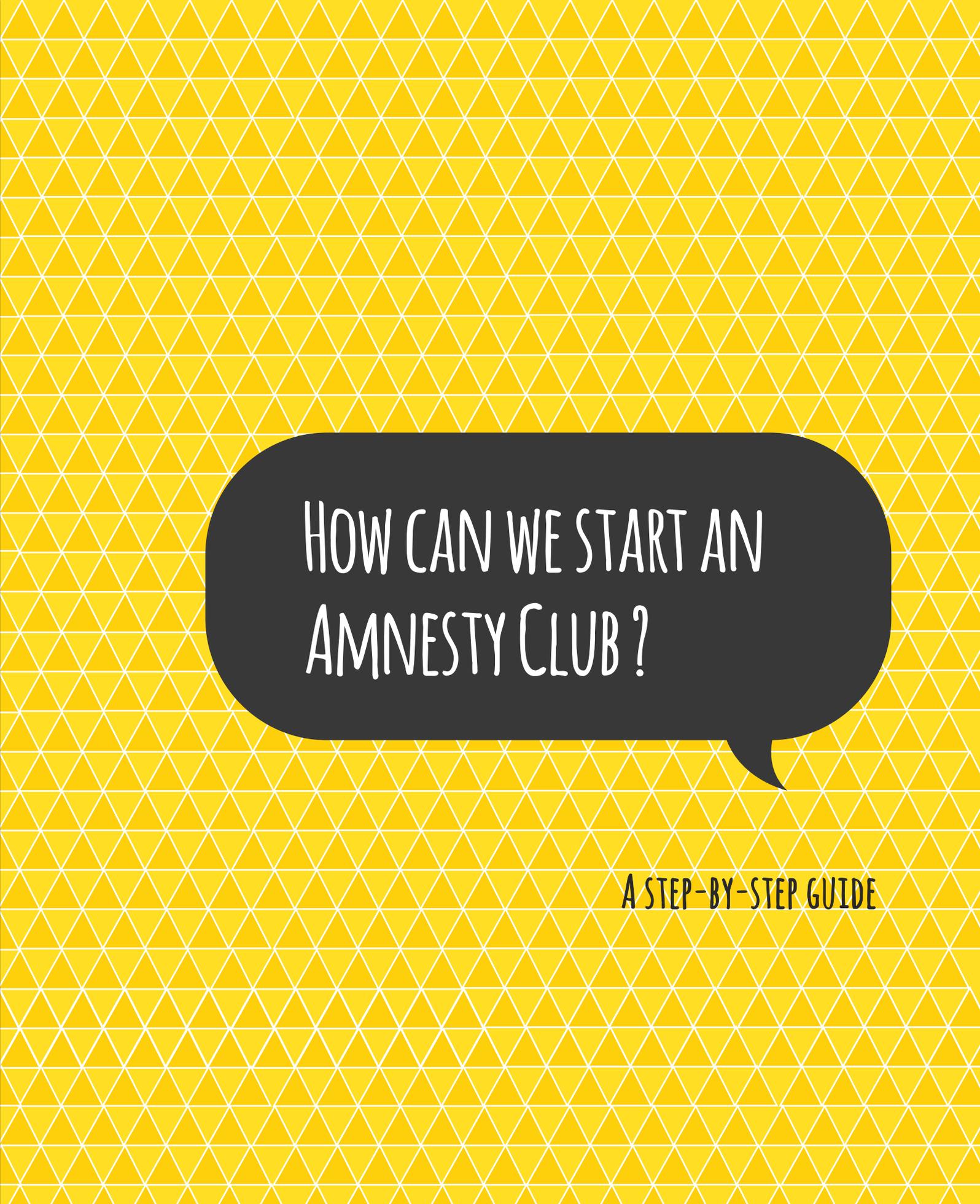
**SOUNDS COOL HUH?**

Well, there are some responsibilities that come with that.

As an Amnesty Club member (and Human Rights Hero) you are expected to attend the club meetings and participate in club activities.

While we're all about **'POWER TO THE PEOPLE'** and stuff, you will have facilitators who you should consult before you go out and try to

**SAVE THE WORLD.**



HOW CAN WE START AN  
AMNESTY CLUB?

A STEP-BY-STEP GUIDE

# EASY-PEASY AS A-B-C-D

## A GET THE REQUIRED PERMISSION

We don't really support you breaking rules, so make sure you have permission from the institution's authorities to start your Amnesty Club. What usually works best is for a couple of you to approach the Management and submit a request. Asking one of your Faculty members to help is also a good strategy.

Sometimes, your Management or Faculty members may want to speak to us before giving you permission. Ask them to send us an email at [rights4edu@amnesty.org.in](mailto:rights4edu@amnesty.org.in) and we'll get back to them.

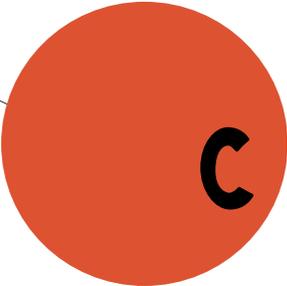


Remember that each Amnesty Club is required to have a Facilitator. It would be a good idea for you to ask your Management to appoint a Faculty member as a Facilitator before you continue with setting up the club.

## B LET US KNOW YOU EXIST

As you can imagine, it's kind of hard to keep track of every Amnesty Club that starts up. That's why we need you to tell us that you've decided to join our friend circle. It would make us really, happy to see our circle widen. Plus we could email you with all kinds of tips and suggestions, and also answer any questions you might have.

Your Facilitator will be in-charge of notifying Amnesty International India about your intentions to start a club, and manage any other paperwork. Ask them to send us an email at [rights4edu@amnesty.org.in](mailto:rights4edu@amnesty.org.in) to get things started.



# C

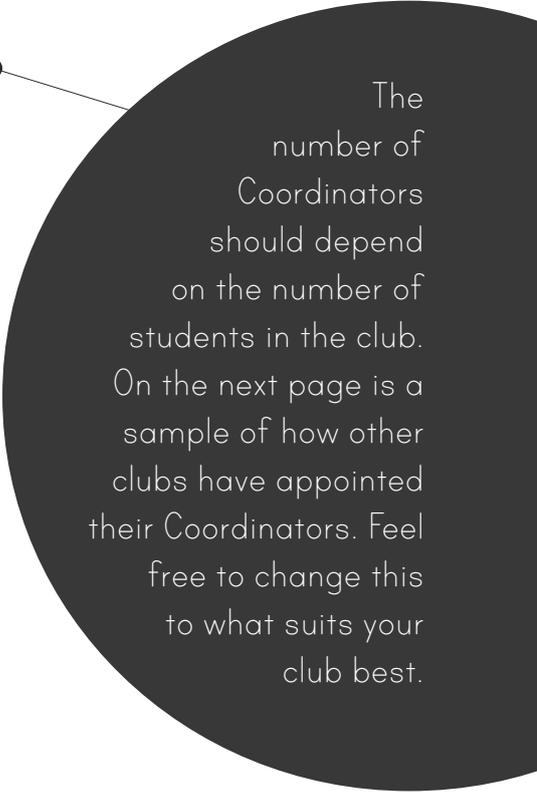
## FORM A GROUP AND APPOINT YOUR COORDINATORS

The next thing you need to do is find other students who are interested in joining the Amnesty Club. The best way to do this is to make an announcement in your institution. If you're **REAAALLY** enthusiastic, a few of you can go around asking your friends and fellow students to join. Remember to ask permission to do this. Amnesty Clubs **DO NOT** disrupt classes or studies.

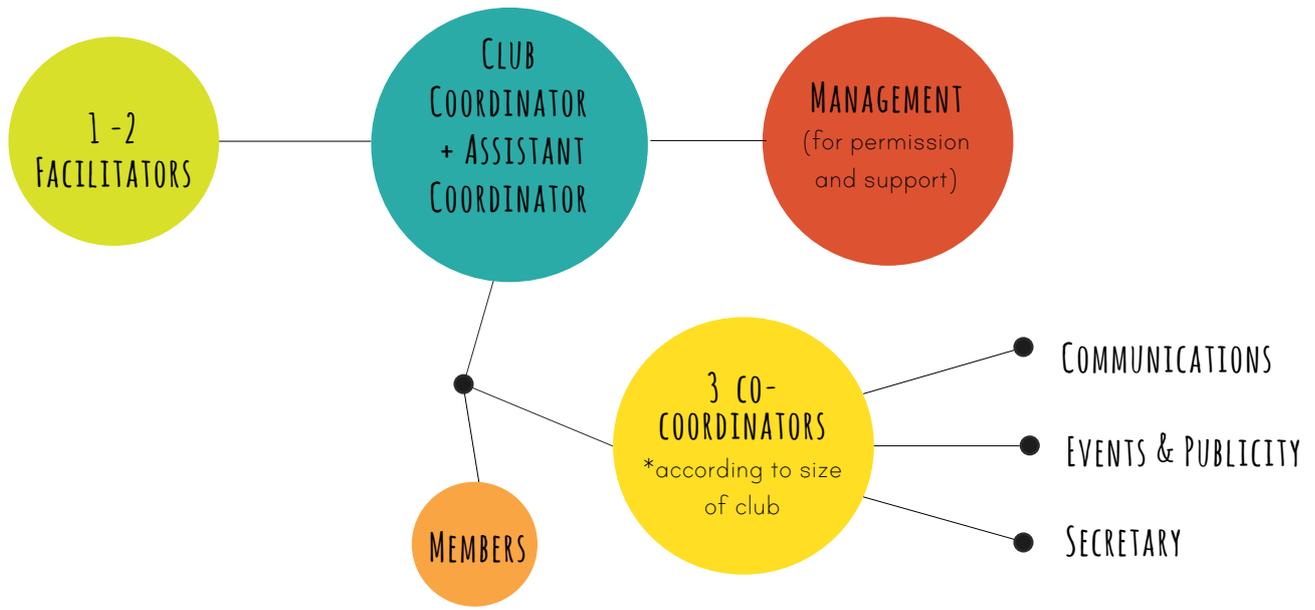
Once you have a group of interested students, you will need to appoint Club Coordinators.



While Amnesty Clubs are based on the principle of Equality, each club will need a bunch of people who will oversee the running of the club. Coordinators are expected to be responsible for their duties, so make sure you appoint the right people. We usually recommend that each club elects its Coordinators, but they can also be appointed by your Facilitator.



The number of Coordinators should depend on the number of students in the club. On the next page is a sample of how other clubs have appointed their Coordinators. Feel free to change this to what suits your club best.



**COORDINATOR:** Coordinates all club events. This person will have to regularly communicate with Amnesty International India representatives and will be responsible for interactions and communications within the institution and with other Amnesty Clubs.

**ASSISTANT COORDINATOR:** Supports the Coordinator with the running of the club activities.

**SECRETARY:** Takes notes at meetings, sends out email updates and reminders.

**PUBLICITY:** Publicises club events.

- Elect your representatives with the help of your Facilitator.
- Note down the roles and responsibilities that each representative should have.
- Representatives should have an interest in the specific role, as well as the ability to spend a little extra time.
- Make sure you provide leadership opportunities and roles to younger students in your group so that everyone feels included.

**! DON'T FORGET** to take pictures of your elected club members and the group and send it to us on [rights4edu@amnesty.org.in](mailto:rights4edu@amnesty.org.in)

# D

## GET STARTED ON YOUR HUMAN RIGHTS WARM UP ACTIVITIES

Now that you have set up a functioning Amnesty Club, it's time to get started with your club activities. The Coordinators should use the "Human Rights Warm-Up Activities" attached with this module to get the sessions going.

Take your time to go through the activities – this is not a contest or an exam. Each activity is designed to help each of you understand the principles of human rights and what they mean in the real world. Make sure you share your thoughts and feelings about what you learn with your friends and family.

Once you have finished each of the activities in this module, your Coordinator should contact Amnesty International India and ask us for other material that can be used for the club.

Send us an email at [rights4edu@amnesty.org.in](mailto:rights4edu@amnesty.org.in)

**CONGRATULATIONS,  
YOU HAVE NOW SUCCESSFULLY  
SET UP YOUR OWN AMNESTY CLUB!**

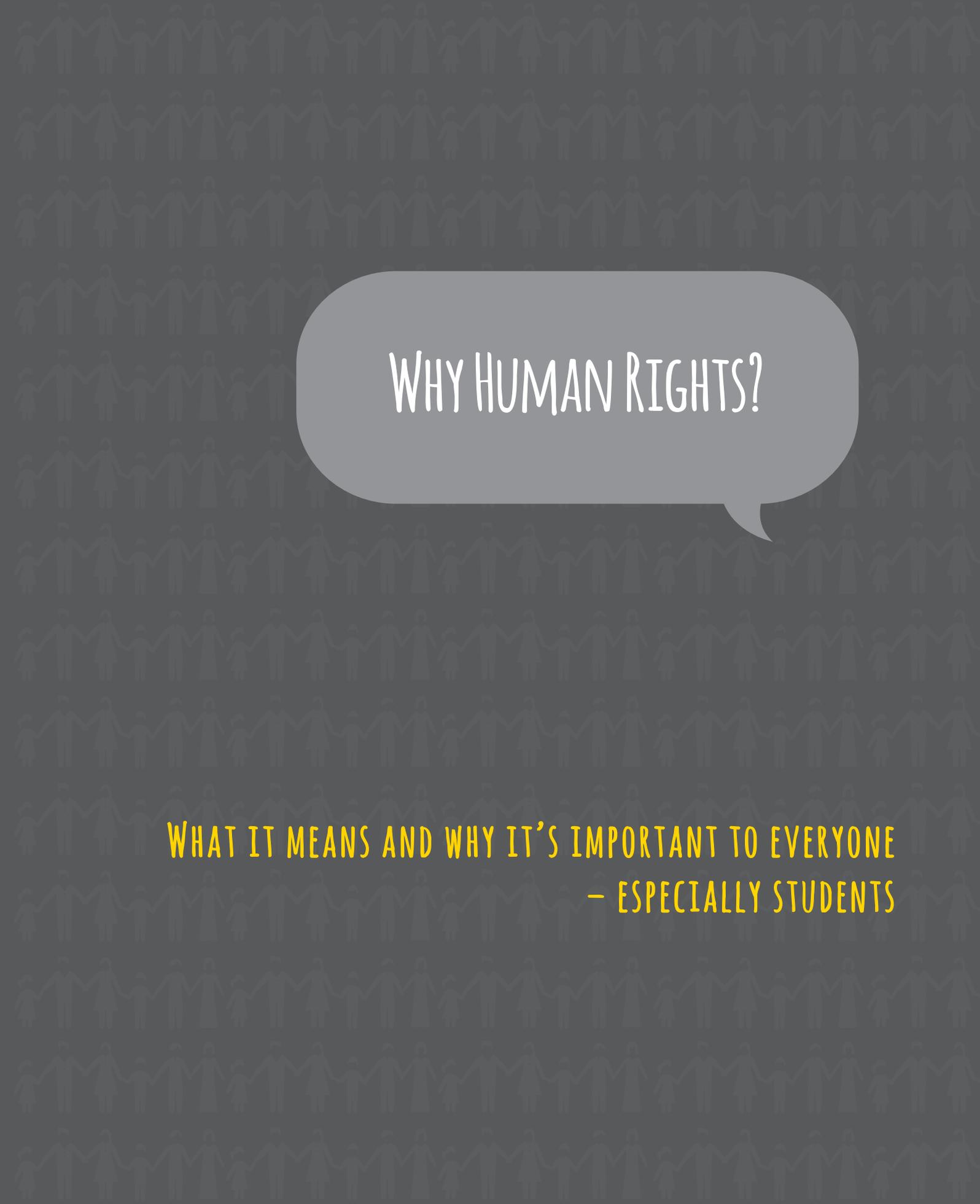
**TEENY TINY BUT...**

# **IMPORTANT**

- Anyone, from any year in your institution can join an Amnesty Club.
- Members must attend the meetings regularly and participate in the activities.
- Each Amnesty Club must have at least ONE Faculty Facilitator.
- The main aim of the Amnesty Club is to build awareness about human rights issues, both inside and outside the educational space.
- Each Amnesty Club is expected to regularly update Amnesty International India on their activities through reports, pictures and/or videos.

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S**

- Amnesty International India will provide Activity Modules and Guidelines to each club, but the responsibility of running the club lies with the students and Management.
- Other resources must be raised by the Student Community or through fund-raising activities.
- Amnesty Clubs and members are encouraged to help mobilise peers, family and community members on various Amnesty International India Campaigns.
- Human rights issues covered by the club will be mainly issues that are relevant to students and young adults. However, larger human rights issues within India and across the globe will also be covered.



# WHY HUMAN RIGHTS?

WHAT IT MEANS AND WHY IT'S IMPORTANT TO EVERYONE  
— ESPECIALLY STUDENTS

# THE UNIVERSAL DECLARATION OF HUMAN RIGHTS (UDHR)

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‘ HUMAN RIGHTS ARE BASIC RIGHTS TO WHICH EACH PERSON IS ENTITLED SIMPLY BECAUSE SHE OR HE IS A HUMAN BEING. ’

---

**THE UNIVERSAL DECLARATION OF HUMAN RIGHTS** (UDHR) is the most famous document on human rights. It was adopted by the General Assembly of the United Nations on 10 December 1948. Countries that have signed the Declaration are obligated to follow these principles and safeguard these rights for all of their citizens. India was among the first few countries to sign the Declaration.

The Universal Declaration recognises that ‘the inherent dignity of all members of the human family is the foundation of freedom, justice and peace in the world’.

## HUMAN RIGHTS ARE:

**UNIVERSAL** – applicable everywhere.

**INALIENABLE** – cannot be taken away.

**INTERDEPENDENT** – everyone ensures the other person’s rights.

## HUMAN RIGHTS INCLUDE:

**CIVIL & POLITICAL RIGHTS** – the right to life, liberty, free speech and privacy are some examples.

**ECONOMIC, SOCIAL & CULTURAL RIGHTS** – the right to social security, health and education are some examples.

WHAT IS HUMAN RIGHTS EDUCATION?

NOT JUST LEARNING, BUT LIVING HUMAN RIGHTS

# A HUMAN RIGHTS EQUATION

“ HUMAN RIGHTS EDUCATION IS ABOUT **I** AND **U** AND OUR ABILITY TO **RECOGNISE** AND **RESPECT** EACH OTHER'S **RIGHTS** AND **RESPONSIBILITIES**. ”

**HRE = I+U+R**

When human rights come into classrooms, campuses and into the hearts and minds of students, attitudes and behaviours begin to change. Dignity, Respect and Tolerance become a way of life.

**NOW, ISN'T THAT A GREAT START TO MAKE THE WORLD A BETTER PLACE?**

# BRINGING HUMAN RIGHTS INTO STUDENT LIFE

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‘ A HUMAN RIGHTS FRIENDLY SPACE IS WHERE HUMAN RIGHTS ARE LEARNED, TAUGHT, PRACTICED, RESPECTED, PROTECTED AND PROMOTED. THROUGH A ‘WHOLISTIC’ APPROACH, ‘HUMAN RIGHTS FRIENDLINESS’ SPREADS INTO EVERY AREA OF STUDENT LIFE. ’

---

A space that is ‘friendly’ to human rights is one in which all are included, yet every individual is unique. It is a place in which human rights values **ARE NOT JUST SPOKEN ABOUT BUT ACTUALLY PRACTICED.**

This process is nurtured via the curriculum, through relationships, within the campus environment and in the way the institution is governed. When human rights spread through student life so completely, attitudes and behaviours are bound to change.

You learn to work with each other, across differences, and make a change in your communities. Be it speaking up for issues that affect your friends and peers, such as bullying, or issues that affect society at a greater level, such as violence against women... it all begins when human rights go ‘back to school’.

In such a space, real change is possible.

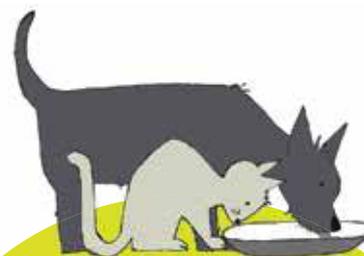
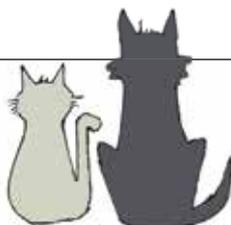
**SO HOW DOES IT WORK?**

# HUMAN RIGHTS EDUCATION IS...

## ABOUT HUMAN RIGHTS

What are our human rights?  
What do they mean?  
Can **LEARNING** about them  
change our lives?

WE MAY BE DIFFERENT  
BUT WE ARE ALL EQUAL

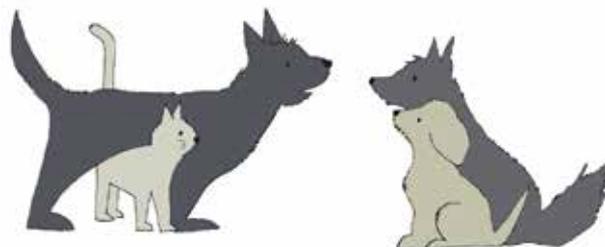


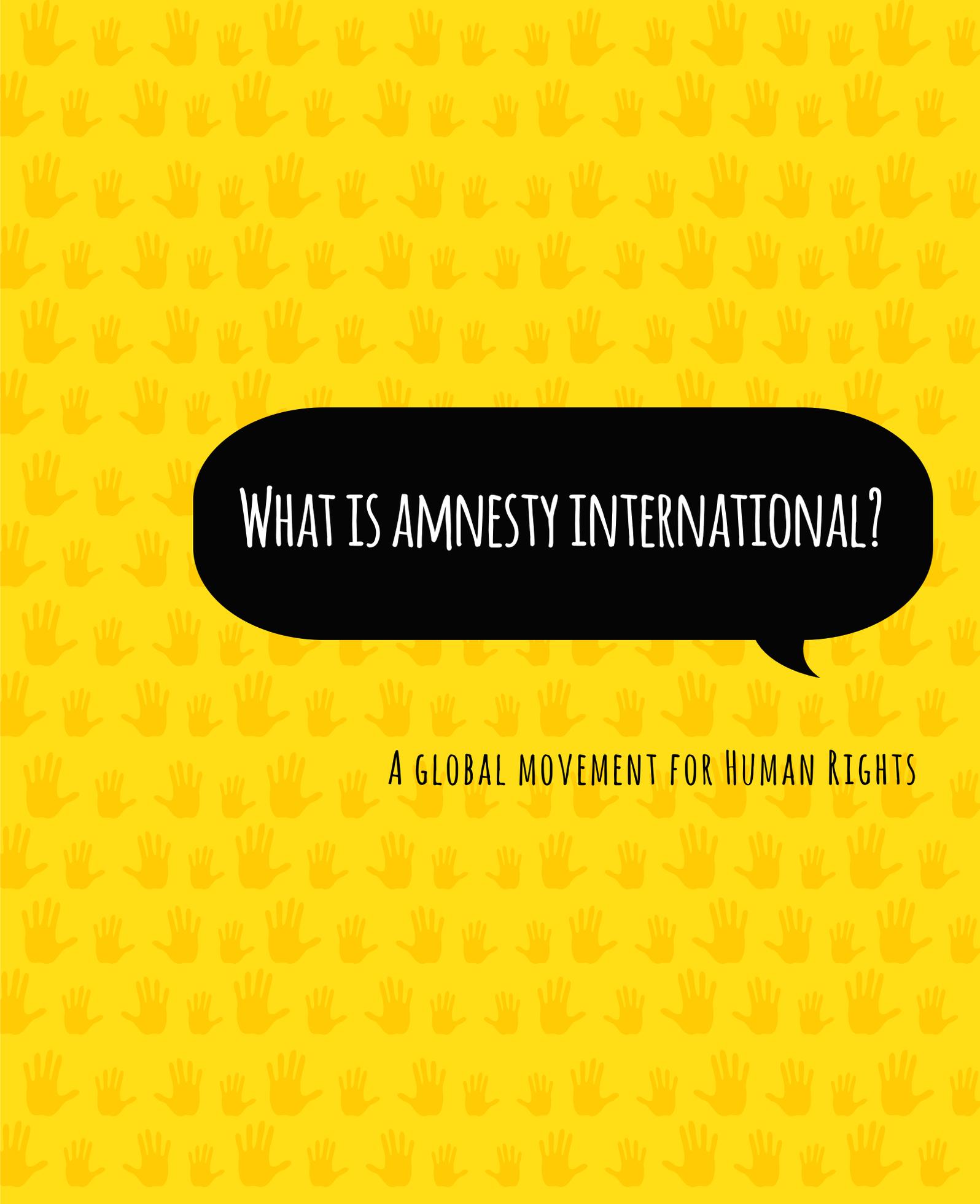
## THROUGH HUMAN RIGHTS

Just learning is not enough.  
**PRACTICE** makes perfect,  
right? Try being inclusive,  
participatory, democratic  
and see the difference it  
makes.

## FOR HUMAN RIGHTS

It's **EMPOWERING** when we  
stand up for our rights and  
those of others. That's  
when real change can  
happen.

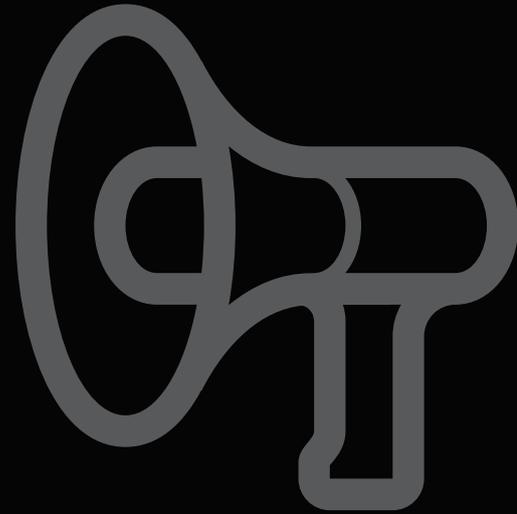




# WHAT IS AMNESTY INTERNATIONAL?

A GLOBAL MOVEMENT FOR HUMAN RIGHTS

# IT BEGAN WITH ONE MAN'S VOICE AGAINST INJUSTICE



In 1961, **PETER BENENSON** read about two students in Portugal who were sent to prison for seven years because they made a toast to freedom – something that their government denied it's people.

A lawyer by profession, Benenson was aware that many countries would similarly imprison people who spoke against their governments, often without lawful trials. He wrote an article entitled "An Appeal for Amnesty, 1961", inviting people to join their voices together to speak out against these violations of human rights, across the globe. He believed that the power of people's voices, when joined together, could make governments take action to end human rights abuses and violations.

Since then, Amnesty International has grown into a global movement of over 3 million people who share a vision for a world where every person – regardless of where they are born, what religion they follow or whether they are rich or poor – enjoys the freedoms and rights as listed in the Universal Declaration of Human Rights.

## DID YOU KNOW?

AMNESTY INTERNATIONAL WAS AWARDED  
THE NOBEL PEACE PRIZE IN 1977.

## FUN FACT!

Amnesty International's logo is a Candle wrapped in barbed wire. It is inspired by an ancient Chinese proverb, "**It is better to light a candle than curse the darkness**". Peter Benenson, the founder of Amnesty International, hoped that the organisation would shine light in the darkest places where human rights abuses go unpunished.



**READY, SET, GO!**

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USE THESE FUN AND INTERACTIVE 'WARM-UP' ACTIVITIES  
TO GET UP TO SPEED ON HUMAN RIGHTS

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**THIS SECTION HAS A NUMBER OF FUN AND INTERACTIVE WAYS THROUGH WHICH YOU CAN LEARN AND EXPERIENCE HUMAN RIGHTS.**

HERE ARE SOME TIPS TO HELP YOU THROUGH THE ACTIVITIES:

1. Read the instructions carefully on the Activity sheet to figure out what materials you will need. It might be a good idea to do this BEFORE your club meeting, to give you enough time to plan.
2. Many activities ask you to refer to a particular “Resource” – all of the Resources are available after the corresponding Activity sheet.

If you have any difficulty understanding the instructions, ask your teacher facilitator for help.

3. Once you’ve completed all of the activities, write to us at [rights4edu@amnesty.org.in](mailto:rights4edu@amnesty.org.in) and we’ll send you some more!

ACTIVITY

1



PAIR 'EM UP

28

ACTIVITY

2

Two teal question marks.
 LET'S GET QUIZZICAL

30

ACTIVITY

3



TOUGH CHOICES

41

ACTIVITY

4



THE UDHR AND ME

43

ACTIVITY

5

OUR COUNTRY,  
OUR HUMAN RIGHTS

48

ACTIVITY

6

HUMAN RIGHTS  
IN THE NEWS

51

ACTIVITY

7

HUMAN RIGHTS—  
WHAT DO THEY MEAN?

53

ACTIVITY

8

 Two orange quotation marks.
 HUMAN RIGHTS  
QUOTES

56



# PAIR 'EM UP

ACTIVITY

1

HERE'S A QUICK AND FUN WAY TO LEARN ABOUT HUMAN RIGHTS WITHOUT STARING AT A TEXTBOOK.



**WHAT YOU  
NEED**

Question and Answer chits  
(See Resource 1)



**TICK TOCK**

15 mins.



**THE  
RULES**

- 1 Mix up all the Question and Answer chits. There should be enough chits for everyone in the group. If there are not enough people, make sure to remove corresponding Question and Answer chits, or the game will not work. If there are too many people, duplicate some of the Question and Answer chits, or go crazy and make your own!
- 2 Each person in the group picks one chit. DO NOT show your chit to anyone! Each person will now have either a Question chit or an Answer chit.
- 3 You now have 5 minutes to find your corresponding Question or Answer person.



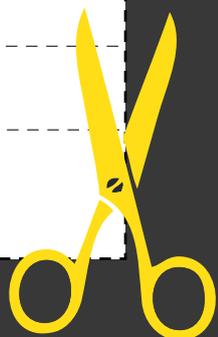
# PAIR 'EM UP

RESOURCE

1

MAKE CHITS FOR EACH OF THE QUESTIONS AND ANSWERS BELOW.  
REMEMBER TO PUT QUESTIONS AND ANSWERS ON SEPARATE CHITS.

QUESTIONS	ANSWERS
I am a Human Right	The Right to Housing
I am an organisation that works for Human Rights	The United Nations
I am a document that talks about Human Rights	The Universal Declaration of Human Rights
I was one of the main people responsible for drafting the Universal Declaration of Human Rights	Eleanor Roosevelt
I am a Right that all children should have	The Right to Education
I am an Indian actress that has done a lot of work on Human Rights	Nandita Das
I am an Indian author who has done a lot of work for Human Rights	Arundhati Roy
The UN General Assembly adopted the Universal Declaration of Human Rights on this day	10th December 1948
This country still allows the Death Penalty	India
This country still hasn't adopted the United Nations Convention on the Rights of the Child	United States of America
Genital Mutilation is still practised in this country	Egypt
Population of this country has a high rate of Malnutrition	Afghanistan
This Indian document is based on Human Rights values and principles	The Constitution of India



# ?? LET'S GET QUIZZICAL

CHOICES! CHOICES! PICK THE RIGHT ANSWER TO THESE HUMAN RIGHTS QUESTIONS. 9



## WHAT YOU NEED

Quiz sheet and Answer sheet  
(See Resource 2A and 2B)



## TICK TOCK

15 mins



## THE RULES

- 1 This quiz can be played by individual students or as a group.
- 2 If you're playing as individuals, make sure each student has a Quiz sheet (See Resource 2A). At the end of the game, share the answers and information on the Answer sheet (See Resource 2B) with everyone.
- 3 If you're playing as a group, divide yourselves into teams, depending on the number of students. Appoint a Quiz Master (could be your Teacher) to ask questions and moderate the game.

NOTE: This Quiz can also be done as self-assessment at the end of this module.

# ?? LET'S GET QUIZZICAL



MAKE COPIES OF THE FOLLOWING QUIZ SHEET, OR HAVE THE QUIZ MASTER OR MODERATOR CALL THEM OUT. NO PEEKING AT THE ANSWER SHEET!

## QUIZ SHEET

### Question 1:

Leaders of the main world power met between 1942 and 1944 to shape a new organisation. What was this organisation called?

- a. Greenpeace
- b. Amnesty International
- c. Red Cross
- d. United Nations.

### Question 2:

What was the first human rights treaty adopted by the United Nations?

- a. The Convention on the Rights of the Child
- b. The Universal Declaration of Human Rights
- c. The Declaration on the Right to Development
- d. The Declaration on the Promotion among Youth of the Ideals of Peace, Mutual Respect and Understanding among People

### Question 3:

To whom does the Universal Declaration of Human Rights (UDHR) apply?

- a. To people living in prison
- b. To racist people
- c. To migrant workers
- d. To all individuals

### Question 4:

How many languages has the UDHR been translated into?

- a. 12
- b. 25
- c. 100
- d. 360

### Question 5:

When was the UDHR adopted?

- a. 1989
- b. 1948
- c. 1994
- d. 1961

### Question 6:

Which of the following people worked tirelessly to promote the message and implementation of the Universal Declaration of Human Rights worldwide?

- a. Eleanor Roosevelt (United States of America)
- b. Franklin D Roosevelt ( United States of America)
- c. Jawaharlal Nehru (India)
- d. Adolf Hitler (Germany)

**Question 7:**

In which country was the UDHR initially adopted by the United Nations?

- a. America
- b. United Kingdom
- c. France
- d. China

**Question 8:**

How many articles does the UDHR contain?

- a. 20
- b. 60
- c. 122
- d. 30

**Question 9:**

When is International Human Rights Day observed?

- a. 20th November
- b. 10th December
- c. 20th June
- d. 27th January

**Question 10:**

Which of the following organisations works towards promoting the message of Universal Declaration of Human Rights worldwide?

- a. Pratham
- b. Amnesty International
- c. Help- Age India
- d. CRY

**Question 11:**

Where does Human Rights Council of the United Nations meet?

- a. Geneva
- b. New York
- c. Sydney
- d. Tokyo

**Question 12:**

When should we put in action the Universal Declaration of Human Rights by treating people fairly, equally and respectfully?

- a. Every year on December 10th
- b. When it is convenient and easy
- c. For the whole month in December
- d. Each single day in every interaction we have with each other

# ?? LET'S GET QUIZZICAL

RESOURCE



ANSWERS + NOTES

## Question 1:

Leaders of the main world power met between 1942 and 1944 to shape a new organisation. What was this organisation called?

- a. Greenpeace
- b. Amnesty International
- c. Red Cross
- d. United Nations.

## Answer: D

The United Nations (UN) works for peace, for justice and for equal rights of all human beings. The UN conducts peacekeeping operations, establishes local development projects, promotes environmental sustainability and provides humanitarian aid.

## Notes:

**Greenpeace:** In 1971, motivated by their vision of a green and peaceful world, a small team of activists initiated Greenpeace. Its goal is to ensure the ability of the Earth to nurture life in all its diversity. These activists, the founders of Greenpeace, believed a few individuals could make a difference.

**Amnesty International:** For over 50 years Amnesty International has worked towards creating a world where every person enjoys all the rights in Universal Declaration of Human Rights and other human rights standards.

**Red Cross:** The Red Cross works worldwide in countries that have been damaged by wars and natural disasters. As well as providing humanitarian assistance, the Red Cross also provides first aid training, a rescue service and a tracing and messaging service.

**Question 2:**

What was the first human rights treaty adopted by the United Nations?

- a. The Convention on the Rights of the Child
- b. The Universal Declaration of Human Rights
- c. The Declaration on the Right to Development
- d. The Declaration on the Promotion among Youth of the Ideals of Peace, Mutual Respect and Understanding among People

**Answer: B**

Although the United Nations Declaration of Human Rights (UDHR) is not legally binding among States, it is considered a landmark document and a set of human rights principles that everyone should aspire to follow. Membership to the UN represents an implicit acceptance of the UDHR. Although the UDHR began as an initiative of governments it has become a common goal and a recognized benchmark for everyone worldwide.

**Notes:**

The Convention on the Rights of the Child was adopted by the United Nations in 1989 and ratified by India in 1992. It defines a child as anyone below the age of 18 years, unless the national law in a country recognises that a person has reached maturity before 18 years.

The Declaration on the Right to Development was adopted by the United Nations in 1986. The objective of this declaration was to focus on improving the social, economic, political and cultural development of all people.

The Declaration on the Rights of the Child in 1959 was followed by the Declaration on the Promotion among Youth of the Ideals of Peace, Mutual Respect and Understanding among People in 1965, and finally the Convention on the Rights of the Child in 1989, which was wider-reaching and reflected more contemporary issues.

# ?? LET'S GET QUIZZICAL CONT.

RESOURCE



ANSWERS + NOTES

## Question 3:

To whom does the Universal Declaration of Human Rights (UDHR) apply?

- a. To people living in prison
- b. To racist people
- c. To migrant workers
- d. To all individuals

## Answer: D

The 30 articles in the UDHR established the civil, political, social and cultural rights of all people. As stated in the preamble of the UDHR, the declaration is a common standard of achievement for all peoples and all nations. The UDHR was the first international recognition that all human beings have fundamental rights and freedom and it continues to be a living and relevant document today.

## Question 4:

How many languages has the UDHR been translated into?

- a. 12
- b. 25
- c. 100
- d. 360

## Answer: D

The UDHR holds the Guinness World Record for being the most translated document in the world. During the World Decade for Human Rights Education (1995-2004), a project to have the Declaration translated into as many languages and dialects as possible was developed. There are now more than 360 different language versions.

**Question 5:**

When was the UDHR adopted?

- a. 1989
- b. 1948
- c. 1994
- d. 1961

**Answer: B**

The UDHR was adopted on 10th December 1948.

**Notes:**

In 1989 The United Nations adopted the Convention on the Rights of the Child.

In 1994 South Africa held its first free elections following the abolition of apartheid.

In 1961 Amnesty International was founded.

**Question 6:**

Which of the following people worked tirelessly to promote the message and implementation of the Universal Declaration of Human Rights worldwide?

- a. Eleanor Roosevelt (United States of America)
- b. Franklin D Roosevelt ( United States of America)
- c. Jawaharlal Nehru (India)
- d. Adolf Hitler (Germany)

**Answer: A**

Eleanor Roosevelt played an important role in the drafting of the Universal Declaration of Human Rights. She was renowned for being a social and political activist and supporter of the Civil Rights Movement. Eleanor Roosevelt was the wife of Franklin D Roosevelt, the 32nd President of the United States of America.



# LET'S GET QUIZZICAL CONT.

RESOURCE



## ANSWERS + NOTES

### Question 7:

In which country was the UDHR initially adopted by the United Nations?

- a. America
- b. United Kingdom
- c. France
- d. China

### Answer: C

It was adopted by the General Assembly of the UN, on 10th December 1948, at the Palais de Chaillot, in Paris, France.

### Question 8:

How many articles does the UDHR contain?

- a. 20
- b. 60
- c. 122
- d. 30

### Answer: D

The UDHR contains 30 articles.

### Notes:

The UDHR does not have a single author. The most significant contributors were Rene Cassin, a French legal scholar, and John Humphrey, the UN's first director of Human Rights. The initial draft of the UDHR was over 400 pages long. It was negotiated down to 30 articles over a two year period between 1946 and 1948. Before the final draft was voted upon by General Assembly of the UN, over 168 amendments were proposed and debated.

**Question 9:**

When is International Human Rights Day observed?

- a. 20th November
- b. 10th December
- c. 20th June
- d. 27th January

**Answer: B**

International Human Rights Day is celebrated on 10th December. This is the date, in 1948, when the UDHR was voted upon by the General Assembly of the UN. It was adopted without any dissenting votes, though eight countries abstained at the time (South Africa, the USSR, Byelorussia, Ukraine, Poland, Czechoslovakia, Yugoslavia and Saudi Arabia).

**Notes:**

On the 20th of November we celebrate International Child Rights Day.

20th June is World Refugee Day. The first World Refugee Day was celebrated across the globe on 20th June 2001.

Holocaust Memorial Day is marked each year on 27th January, in remembrance of the victims of the Holocaust and other genocides.

# ?? LET'S GET QUIZZICAL CONT.

RESOURCE



## ANSWERS + NOTES

### Question 10:

Which of the following organisations works towards promoting the message of Universal Declaration of Human Rights worldwide?

- a. Pratham
- b. Amnesty International
- c. Help- Age India
- d. CRY

### Answer: B

Amnesty International's vision is of a world in which every person enjoys all of the human rights enshrined in the Universal Declaration of Human Rights and other international human rights standards. Amnesty International has over 3 million members worldwide, in 150 countries with 28,612 supporters in India. They depend on subscription and donations from their members and supporters.

### Notes:

Pratham is a non-government organisation working to provide quality education to the underprivileged children of India. Pratham was established in 1994 to provide education to the children in the slums of Mumbai city. Today they reached out to millions of children living both in rural and urban areas through a range of interventions.

Help Age India is a voluntary organization. Since its foundation, its mission is to work for the cause and care of disadvantaged older persons, in order to improve the quality of their lives.

CRY- Child Rights and You is a non-governmental organization that works towards bringing about change in lives of underprivileged children in India by restoring their rights.

**Question 11:**

Where does Human Rights Council of the United Nations meet?

- a. Geneva
- b. New York
- c. Sydney
- d. Tokyo

**Answer: A**

The Human Rights Council, consisting of 47 member states of the United Nations, meets approximately three times per year at the United Nations Building in Geneva. Under the Universal Periodic Review (UPR) mechanism, every UN member state will have their human rights record reviewed once every four years.

**Notes:**

The Office of the High Commissioner of Human Rights is also based in Geneva. It is the principle UN office for promoting and protecting human rights, which it does through research, education and advocacy.

**Question 12:**

When should we put in action the Universal Declaration of Human Rights by treating people fairly, equally and respectfully?

- a. Every year on December 10th
- b. When it is convenient and easy
- c. For the whole month in December
- d. Each single day in every interaction we have with each other

**Answer: D**

# TOUGH CHOICES

WHAT ARE THE THINGS YOU ABSOLUTELY CANNOT LIVE WITHOUT? THE ANSWER MAY SURPRISE YOU...



## WHAT YOU NEED

- Drawing or writing paper and stationery
- A Moderator (ask one of your Facilitators)
- Discussion Points (See Resource 3)



## TICK TOCK

30 mins



## THE RULES

- 1 Divide yourselves into groups. Each group gets one sheet of paper. On your sheet of paper, list down 20 things that answer the question "What Will Help You to be Happy in Your Life". You have 10 minutes to do this.
- 2 After 10 minutes are up, announce that the Government can only provide some of those things on your list. Each group must therefore eliminate 10 things from their list. You have 5 minutes to do this. Each group should present their final list.
- 3 Finally, discuss this activity using the guidelines in Resource 3.

# TOUGH CHOICES

USE THE FOLLOWING DISCUSSION POINTS TO UNDERSTAND THE DIFFERENCES BETWEEN WANTS AND NEEDS.

RESOURCE

3

- What items were eliminated first? Why?
- What is the difference between the initial list and the second one?
- What is the difference between wants and needs?
- What is the difference between wants, needs and a right?
- Do wants and needs differ for different people?
- What would happen if the group had to go on eliminating needs?



# THE UDHR AND ME

WHAT ROLE DOES THE UNIVERSAL DECLARATION OF HUMAN RIGHTS PLAY IN MY LIFE?



## WHAT YOU NEED

A Computer and Speakers  
 Universal Declaration of Human Rights Video (Refer CD)  
 The Universal Declaration of Human Rights Poster (Refer CD)  
 Chart paper and Header Cards (See Resource 4A)  
 UDHR Chits (See Resource 4B)  
 Glue



## TICK TOCK

30 mins



## THE RULES

- 1 Screen the Universal Declaration of Human Rights video and put up the Universal Declaration of Human Rights Poster where it is visible to everyone. Divide yourselves into groups.
- 2 Photocopy the Header Cards sheet according to the number of groups, cut out each header and paste them on the four corners of the chart paper. Make sure each group has a chart like this.
- 3 Photocopy the Universal Declaration of Human Rights chits sheet (only one copy) and cut out the Chits. Distribute these among the groups.

Within your groups, read out the articles that you have, discuss their meaning and paste them onto the chart under the heading you think it fits. You can disagree about where each Right fits in, or paste them in between two headings if you think it belongs to both groups. You can also paste it in the centre of the chart, denoting that the Right is valid under all four headings.



# THE UDHR AND ME



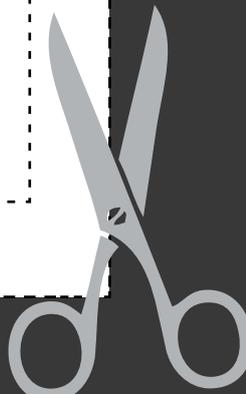
PHOTOCOPY THIS SHEET AND THEN CUT OUT EACH HEADER AND PASTE IT ON A CHART. YOU WILL NEED ONE CHART PER GROUP, SO MAKE SUFFICIENT COPIES!

SURVIVAL

PROTECTION

PARTICIPATION

DEVELOPMENT



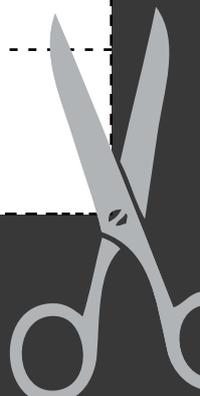


# THE UDHR AND ME



PHOTOCOPY THE FOLLOWING SHEET, THEN CUT OUT EACH RIGHT TO MAKE CHITS

1. Everyone is free and we should all be treated in the same way.
2. Everyone is equal despite differences in skin colour, gender, religion, language, for example.
3. Everyone has the right to life and to live in freedom and safety.
4. No one has the right to treat you as a slave, nor should you make anyone your slave.
5. No one has the right to torture you or subject you to cruel and degrading treatment.
6. Everyone has the right to be treated equally by the law.
7. The law is the same for everyone; it should be applied in the same way to all.
8. Everyone has the right to ask for legal help when their rights are not respected.
9. No one has the right to imprison you unjustly or expel you from your own country.
10. Everyone has the right to a fair and public trial.
11. Everyone should be considered innocent until guilt is proved.
12. No one can enter your home, open your letters, or bother you or your family without a good reason.



13. Everyone has the right to travel where they wish.

14. 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. 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. Everyone has the right to marry and have a family.

17. Everyone has the right to own property and possessions.

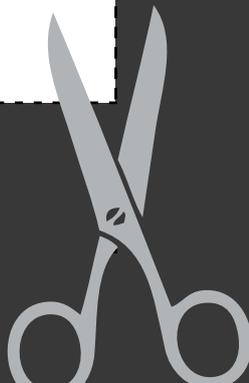
18. Everyone has the right to practise and observe all aspects of their own religion and change their religion if they want to.

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

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

21. Everyone has the right to help choose and take part in the government of their country.

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





# THE UDHR AND ME CONT.



PHOTOCOPY THE FOLLOWING SHEET, THEN CUT OUT EACH RIGHT TO MAKE CHITS

- 23. Everyone has the right to work for a fair wage in a safe environment and to join a trade union.

---

- 24. Everyone has the right to rest and leisure.

---

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

---

- 26. Everyone has the right to an education.

---

- 27. Everyone has the right to participate in their community's cultural life.

---

- 28. Everyone is entitled to a social and international 'order' that is necessary for all these rights to be made real.

---

- 29. Everyone must respect the rights of others, the community and public property.

---

- 30. No one has the right to take away any of the rights in this declaration.

This is a simplified version of the Universal Declaration of Human Rights from Amnesty International UK. For the full version of the Declaration see:  
[www.un.org/en/documents/udhr/index.shtml](http://www.un.org/en/documents/udhr/index.shtml)





# OUR COUNTRY, OUR HUMAN RIGHTS

ACTIVITY

5

6 FIND OUT ABOUT HOW THE UNIVERSAL DECLARATION OF HUMAN RIGHTS IS REFLECTED IN INDIA 9



**WHAT YOU  
NEED**

A Computer and Speakers

Universal Declaration of Human Rights Video (Refer CD)

The Universal Declaration of Human Rights Poster (Refer CD)

Fundamental Rights in the Indian Constitution (See Resource 5A)

Discussion Points (See Resource 5B)



**TICK TOCK**

30 mins



**THE  
RULES**

- 1 Screen the Universal Declaration of Human Rights video and put up the UDHR Poster where it is visible to everyone.
- 2 Compare the Universal Declaration of Human Rights with the Fundamental Rights in the Indian Constitution by using the Discussion Points listed in Resource 5B.
- 3 Close the discussion with some key points:
  - Human rights are for all human beings irrespective of their age, colour, sex, religion, nationality, social status, occupation, and region.
  - Human rights ensure our survival, protection, development, participation.
  - Rights come with responsibilities. To realise our rights we have to respect others' rights.



# OUR COUNTRY, OUR HUMAN RIGHTS



## FUNDAMENTAL RIGHTS UNDER THE CONSTITUTION OF INDIA

The six fundamental rights recognised by the Indian Constitution are:

1. Right to equality, including equality before law, prohibition of discrimination on grounds of religion, race, caste, sex or place of birth, and equality of opportunity in matters of employment, abolition of untouchability and abolition of titles.
2. Right to freedom which includes speech and expression, assembly, association or union or cooperatives, movement, residence, and right to practice any profession or occupation (some of these rights are subject to security of the State, friendly relations with foreign countries, public order, decency or morality), right to life and liberty, right to education, protection in respect to conviction in offences and protection against arrest and detention in certain cases.
3. Right against exploitation, prohibiting all forms of forced labour, child labour and traffic in human beings.
4. Right to freedom of religion, including freedom of conscience and free profession, practice, and propagation of religion, freedom to manage religious affairs, freedom from certain taxes and freedom from religious instructions in certain educational institutes.
5. Cultural and educational rights preserving right of any section of citizens to conserve their culture, language or script, and right of minorities to establish and administer educational institutions of their choice.
6. Right to constitutional remedies for enforcement of Fundamental Rights.



# OUR COUNTRY, OUR HUMAN RIGHTS

RESOURCE



USE THE FOLLOWING POINTS TO START A DISCUSSION ON THE UNIVERSAL DECLARATION OF HUMAN RIGHTS AND THE INDIAN CONSTITUTION.

- Who is entitled to human rights?
- Why is the Universal Declaration of Human Rights required?
- What are some of the rights that we all have as humans?
- What does each one of us have to do if all humans want to realise all these rights?
- What are the similarities with the Universal Declaration of Human Rights and the Constitution of India?
- What are the differences?



# HUMAN RIGHTS IN THE NEWS

ACTIVITY

6

WHERE DO HUMAN RIGHTS FEATURE IN OUR DAILY LIVES?



**WHAT YOU  
NEED**

Old newspapers and magazines of all kinds, enough for small groups to have at least one each

Blackboard or large piece of paper, pens and sticky tape  
Universal Declaration of Human Rights poster (Refer CD)



**TICK TOCK**

30 mins



**THE  
RULES**

- 1 Divide yourself into groups and distribute the newspapers and magazines amongst the groups.
- 2 Write the following headings on 3 large chart papers – one heading per chart: Rights Denied, Rights Protected, Rights in Action
- 3 Read out the following paragraph: “In our modern world more and more people have access to a large quantity of information than ever before. For most of us, this information comes through the media and especially via the news. Everyday, TV screens, radios and newspapers are filled with situations and stories which are hopeful, tragic, happy, sad, simple or complex. Usually, we look at the terrible news stories and feel powerless. However, by looking again, using the ideas of human rights, we can see patterns of success, where rights are protected and acted upon, and patterns of problems, where rights are denied.”



THE  
RULES  
CONT.

- 4 Look through the newspapers and magazines to find things which illustrate each of the three phrases. Use all parts of the magazines and newspapers, including advertisements, classified ads and other items. You have 15 minutes to do this.
- 5 Once you have completed this, look through the Universal Declaration of Human Rights poster and find the right that corresponds to each piece in your collage. You have 10 minutes to do this.
- 6 Now each group should put up their chart, explaining why they chose a particular example of human rights in daily lives, and the UDHR article to which it corresponds.
- 7 Start a discussion on the following:
  - Was it easy to find examples to illustrate rights denied, rights protected and rights in action? Was one phrase particularly difficult to illustrate? Why?
  - Were there any newspaper articles or other examples where all three phrases could be relevant? Which? Why?



# HUMAN RIGHTS— WHAT DO THEY MEAN?

UNDERSTAND MORE ABOUT HUMAN RIGHTS THROUGH THIS FUN AND INTROSPECTIVE ACTIVITY



## WHAT YOU NEED

A Facilitator Moderator  
Human Rights Definition Cards (See Resource 7)  
Chart paper  
Glue



## TICK TOCK

40 mins



## THE RULES

**1** Divide yourself into groups and distribute the Human Rights Definition Cards amongst the groups. Remember that these are personal viewpoints rather than accepted definitions. You can also fill in your own definitions on the blank cards.

**2** Place all the cards face-side down. Each of you should take turns at turning over two cards at one time. Compare them using the following questions:

Is this a basic need/entitlement?

Is this for everybody?

Is this protection from harm?

Is this keeping a check on governments?

Is this freedom?

Is this justice/fairness?

Is this dignity/respect?

**THE  
RULES  
CONT.**

- 3** If the two cards answer similar questions, keep them together, else keep them apart. Continue going through all the cards in a similar manner. Feel free to swap cards around and form different groups and sub-groups. The idea is for you to understand what each right means, and how they connect to each other.
- 4** Once you are finished, name each group according to their common themes and stick them up on chart paper.
- 5** Put up your charts and then look at how other groups have grouped their rights.



# HUMAN RIGHTS— WHAT DO THEY MEAN?

RESOURCE

7

MAKE INDIVIDUAL CARDS OF THE FOLLOWING USING CHART PAPER

1. Human rights are basic needs.	12. Human rights are what every human being needs to be happy, healthy and involved in society.
2. Human rights are about making sure people are protected from harm.	13. Human rights are about making sure that the powerful cannot abuse the powerless.
3. Human rights are about keeping a check on how the government is treating its citizens.	14. When I think about human rights I think about how they are there to make sure governments don't abuse people.
4. Human rights are about treating people fairly.	15. Human rights are important values like justice, freedom and participation.
5. When I hear the phrase 'human rights' it makes me think about people having a say.	16. Human rights are things that everyone is entitled to have.
6. Human rights belong to all human beings.	17. Human rights are what we need to reach our full potential as human beings.
7. Human rights are about making sure everyone is free to live their life the way they want as long as they don't hurt others.	18. Human rights are all about making sure people have freedom to take part in their society.
8. Human rights are those things that it is fair and just for every person in the world to have or to able to do.	19. Human are like a big list of things that we all need if we are going to develop as human beings.
9. Human rights are a set of promises made by governments to look after their citizens.	Blank Cards for students to write their own definitions
10. Human rights are about making sure that people are free from things like torture and poor treatment.	
11. Human rights are all about respecting people because they are human.	

# “ ” HUMAN RIGHTS QUOTES

“ A FUN AND INTERACTIVE WAY TO MAKE HUMAN RIGHTS THEMED CHARTS TO DISPLAY AROUND YOUR INSTITUTION ”



## WHAT YOU NEED

Human Rights Quotes (See Resources 8A, 8B and 8C)  
Chart paper  
Art and craft stationery



## TICK TOCK

40 mins



## THE RULES

- 1 Use the Human Rights Quotes to make creative and interesting charts on human rights
- 2 Display these around your institution and invite your fellow students to view them. It's a great way for you to talk about what you do in the Amnesty Club, and also get more members to grow your club!

# “ ” HUMAN RIGHTS QUOTES



USE THE FOLLOWING QUOTES AS INSPIRATION FOR YOUR HUMAN RIGHTS-THEMED CHARTS

## TAKING ACTION

Thou shalt not be a victim. Thou shalt not be a perpetrator. Above all, thou shalt not be a bystander.  
- Holocaust Museum, Washington, D.C.

In Germany they first came for the Communists; I did not speak because I was not a Communist. Then they came for the Jews; I did not speak because I was not a Jew. Then they came to fetch the workers, members of trade unions; I was not a trade unionist. Afterward, they came for the Catholics; I did not say anything because I was a Protestant. Eventually they came for me, and there was no one left to speak. - Pastor Martin Niemoller, a Protestant minister imprisoned during Germany's Third Reich

Silence in the face of injustice is complicity with the oppressor. - Ginetta Sagan

The only thing necessary for the triumph of evil is for good men to do nothing. - Edmund Burke

Be the change you want to see in the world. - Mahatma Gandhi

Better to light one small candle than to curse the darkness. - Chinese Proverb

There are only two ways of spreading light - to be the candle or the mirror that reflects it.  
- Edith Wharton, American Novelist

We all shine with our own small light; together we blaze like the sun.

A pebble cast into a pond causes ripples that spread in all direction. Each one of our thoughts, words, and deeds is like that. We won't sit down and feel hopeless. There's too much work to do. - Dorothy Day

Never doubt that a group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has. - Margaret Mead

# “ ” HUMAN RIGHTS QUOTES



USE THE FOLLOWING QUOTES AS INSPIRATION FOR YOUR HUMAN RIGHTS-THEMED CHARTS

## NON VIOLENCE

I believe that unarmed truth and unconditional love will have the final word. - Martin Luther King

The old law of an eye for an eye leaves the whole world blind. - Martin Luther King

Non-violence is a more active and real fight against wickedness than retaliation whose very nature is to increase wickedness. It is not a weapon of the weak. It is a weapon of the strongest and bravest. - Mahatma Gandhi

We must combine the toughness of the serpent and the softness of the dove, a tough mind and a tender heart. - Martin Luther King

It's time for greatness - not for greed. It's a time for idealism - not ideology. It is a time not just for compassionate words, but compassionate action. - Marian Wright Edelman

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. - Martin Luther King

## DEATH PENALTY

Justice is never advanced in the taking of a human life. Morality is never upheld by legalized murder. - Coretta Scott King

Life is life, fight for it. - Mother Teresa

Capital punishment is as fundamentally wrong a cure for crime as charity is wrong as a cure for poverty. - Henry Ford

\* Compiled by Amnesty International New Zealand

# “ ” HUMAN RIGHTS QUOTES



USE THE FOLLOWING QUOTES AS INSPIRATION FOR YOUR HUMAN RIGHTS-THEMED CHARTS

## UNIVERSALITY OF HUMAN RIGHTS

No matter how strong the wind of evil may blow, the flame of truth cannot be extinguished.

- His Holiness the Dalai Lama of Tibet, Tenzin Gyatso

Injustice anywhere is a threat to justice everywhere. - Martin Luther King

Justice is conscience, not a personal conscience but the conscience of the whole of humanity. Those who clearly recognize the voice of their own conscience usually recognize also the voice of justice. - Alexander Solzhenitsyn

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence. - Martin Luther King

\* Compiled by Amnesty International New Zealand

# HUMAN RIGHTS ACTIVITY PLANNER



Here is a list of International Human Rights days around which you can plan activities in your school. Pick the ones that you like and list them out in the space below. Amnesty International India has many activities and suggestions for each of these days, so write to us at [rights4edu@amnesty.org.in](mailto:rights4edu@amnesty.org.in) for ideas!

## JAN



8 WORLD LITERACY DAY

26 REPUBLIC DAY

## MAR

8 INTERNATIONAL WOMEN'S DAY

21 INTERNATIONAL DAY OF FORESTS

## APR

7 WORLD HEALTH DAY

## MAY

1 INTERNATIONAL WORKERS DAY

3 WORLD PRESS FREEDOM DAY

## JUN

8 WORLD ENVIRONMENT DAY

3 UNITED NATIONS INTERNATIONAL DAY IN SUPPORT OF VICTIMS OF TORTURE

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A large dashed-line speech bubble containing five horizontal lines for writing.



# JUL

11 WORLD POPULATION DAY

# AUG

15 INDEPENDENCE DAY

# SEP

5 TEACHER'S DAY



Large dashed-line speech bubble containing five horizontal lines for writing.



# OCT

2 GANDHI JAYANTI/INTERNATIONAL DAY OF NON-VIOLENCE

10 ANTI-DEATH PENALTY DAY

# NOV

14 CHILDREN'S DAY

20 CHILD RIGHTS DAY

25 INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

HUMAN RIGHTS MONTH  
NOV 14 - DEC 10

# DEC

9 HUMAN RIGHTS DEFENDERS DAY

10 UNITED NATIONS DAY



Large dashed-line speech bubble containing five horizontal lines for writing.





# VIDEO RESOURCES

## JOIN US!

Amnesty International India  
#235, 13th Cross,  
Indiranagar, 2nd Stage, Bangalore 560038.

**P:** +91 (080) 49388000

**E:** [rights4edu@amnesty.org.in](mailto:rights4edu@amnesty.org.in)

**W:** [www.amnesty4education.org](http://www.amnesty4education.org)

**f** [www.facebook.com/rightsforeducation](https://www.facebook.com/rightsforeducation)



HUMAN RIGHTS EDUCATION  
**AMNESTY**  
INTERNATIONAL