

TRAINING 1: The Foundations of Human Rights



NANO PRAYER

Loving God,
You called Nano Nagle to be a light in dark places,
to see suffering and respond with courage,
to walk with the poor, the forgotten, and the excluded.

Give us her compassion,
that we may recognise injustice and not turn away.

Give us her courage,
that we may act even when the cost is great.

Give us her hope,
that we may believe change is possible.

May we, like Nano,
carry your light into the world,
especially where dignity is denied
and voices go unheard.

We ask this in faith and trust.

Amen.



WHY ARE WE HERE?

TODAY WE WILL LEARN ABOUT:

- Fundamental Human Rights
- Different ways to respond



LETS START!

WHAT IS A ...

HUMAN?



YOU

ME

ADULT

CHILD

PERSON

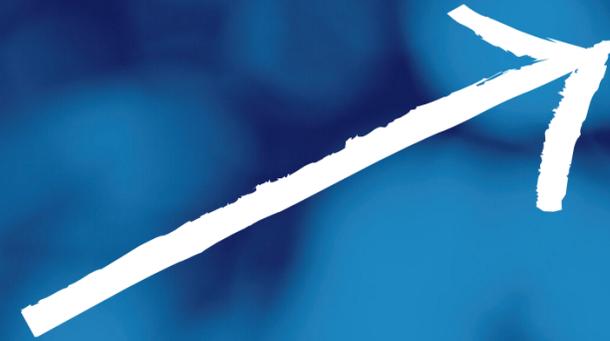
WHAT IS A:
HUMAN?



WHAT IS A ...

RIGHT?

Question Time!



FREEDOMS

&

ENTITLEMENTS

BASED ON A SPECIFIC

GROUPING

RIGHTS?

**WHAT
ARE:**

E.g:

- **Worker's Rights**
- **Women's Rights**
- **Children's Rights**
- **Earth Rights**



WHAT ARE

HUMAN RIGHTS?





HUMAN RIGHTS

ARE RIGHTS THAT YOU DESERVE

SIMPLY BECAUSE YOU ARE

HUMAN!



Human Rights...

- Are inherent to all human beings, whatever our nationality, place of residence, sex, gender identity, national or ethnic origin, colour, religion, language, or any other status.
- We are all equally entitled to our human rights without discrimination.
- We should be able to do/claim all of the things set out in our rights.
- They are all connected!



Human Rights: Where can we find them?

- The founding document for Human Rights is the United Nations Declaration of Human Rights.
- Human Rights can also be found in your country's Constitution!



How many
Human Rights do
we have?



**Do you know all
30 fundamental
Human Rights?**





1. We Are All Born Free and Equal
2. Don't Discriminate
3. The Right to Life
4. No Slavery
5. No Torture
6. You Have Rights No Matter Where You Go
7. We're All Equal Before the Law
8. Your Human Rights Are Protected by Law
9. No Unfair Detainment
10. The Right to Trial
11. We're Always Innocent Till Proven Guilty
12. The Right to Privacy
13. Freedom to Move
14. The Right to Seek a Safe Place to Live
15. Right to a Nationality
16. Marriage and Family
17. The Right to Your Own Things
18. Freedom of Thought
19. Freedom of Expression
20. The Right to Public Assembly
21. The Right to Democracy
22. Social Security (housing, medicine, education, childcare)
23. Workers' Rights
24. The Right to Play
25. Food and Shelter for All
26. The Right to Education
27. Copyright
28. A Fair and Free World
29. Responsibility
30. No One Can Take Away Your Human Rights



What is injustice?

When individuals, families or communities are deprived of their basic human rights.

**HAVE ACCESS TO
HUMAN RIGHTS**



JUSTICE

**DON'T HAVE ACCESS
TO HUMAN RIGHTS**



INJUSTICE

What is injustice?

When people are deprived of their human rights, they are unable to live a happy, healthy life.

Injustice often embeds itself in the way we operate as a society = systemic injustice.

Economic, political and social assets/opportunities are often unfairly distributed.

This results in some people thriving and others barely surviving!



GROUP ACTIVITY



**IN GROUPS,
REFLECT ON THE FOLLOWING QUESTIONS:**

1. What does this right mean?
2. Why does this right matter?
3. Does everyone in my community/country have access to it?



GROUP 1: Freedom from Discrimination

GROUP 2: The Right to Seek a Safe Place to Live

GROUP 3: We're All Equal Before the Law

GROUP 4: Freedom of Expression

GROUP 5: Food and Shelter for All



HOW CAN WE CHALLENGE INJUSTICE?



3 MECHANISMS:



RAISING AWARENESS



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- **Objective:** Inform and educate the public about a particular issue or cause.



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Focus: Spreading knowledge to increase public understanding and concern.



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Focus: Spreading knowledge to increase public understanding and concern.

Method: Using media campaigns, social platforms, events, or educational workshops to make people more aware of injustices, environmental concerns, or health crises.

Example: A social media campaign to highlight the effects of climate change, where the aim is to inform people and mobilize them to take action.



CHARITY



CHARITY

- **Objective:** Provide immediate relief or support to those in need.
- **Focus:** Addressing symptoms of social issues, often with short-term solutions.



- **Method:** Donating money, food, clothes, or resources to help individuals or communities facing crises like poverty, hunger, or natural disasters.
- **Example:** Organising a food drive for a community affected by a natural disaster.



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Method: Donating money, food, clothes, or resources to help individuals or communities facing crises like poverty, hunger, or natural disasters.

Example: Organising a food drive for a community affected by a natural disaster to provide temporary relief from hunger.



ADVOCACY



ADVOCACY

- **Objective:** Create long-term systemic change by influencing policies and social structures.
- **Focus:** Addressing the root causes of issues to bring about sustainable reform.



- **Example:** Advocating for prison reform by pushing for changes in sentencing laws and the criminal justice system to reduce mass incarceration.



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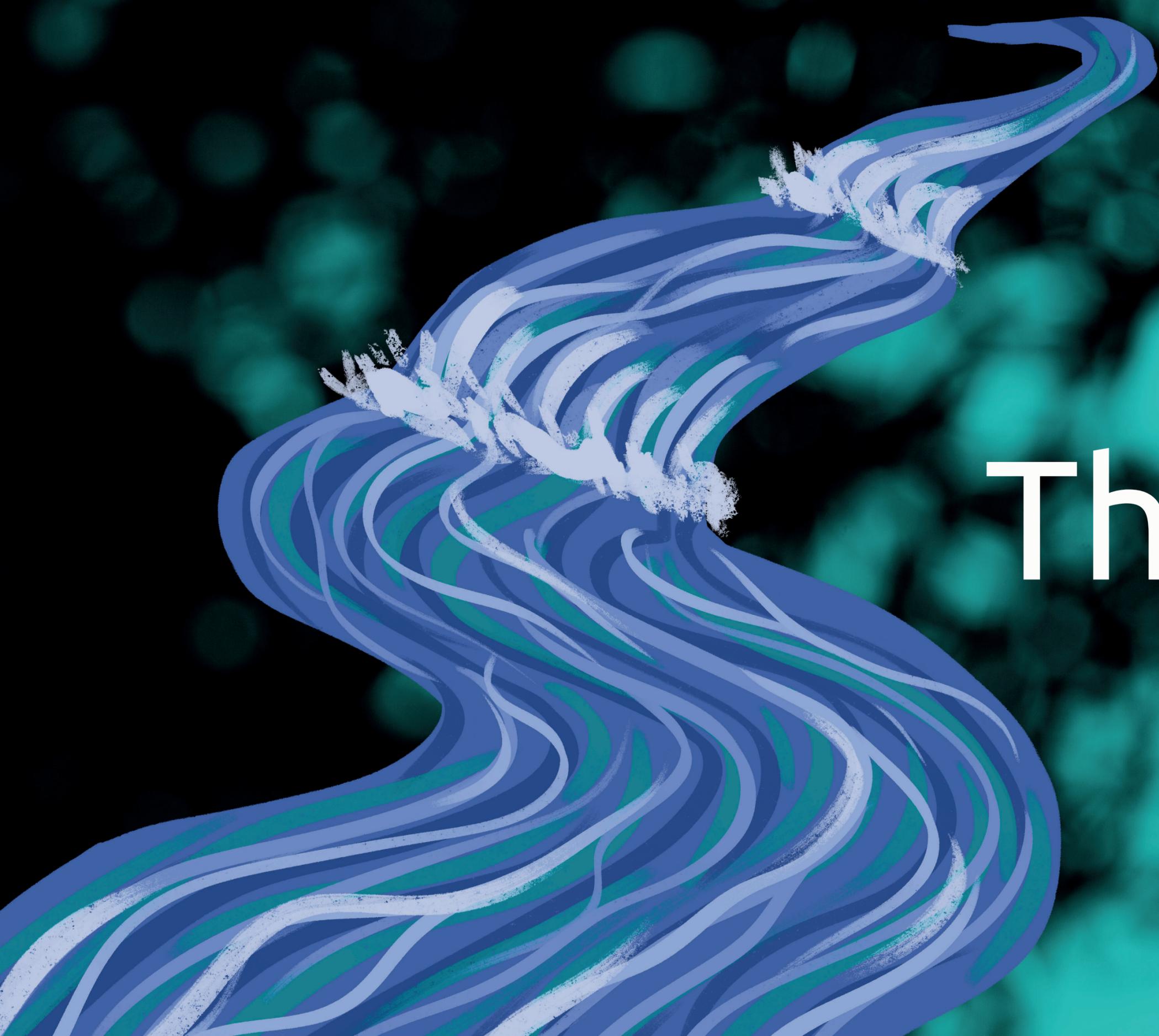
Method: Lobbying for legislative changes, participating in policy discussions, influencing decision makers, or using legal systems to challenge unjust laws or practices.

Example: Advocating for prison reform by pushing for changes in sentencing laws and the criminal justice system to reduce mass incarceration.

Group Activity: REFLECTION QUESTIONS

How can we improve access of this right through raising awareness, charity and advocacy?





The River



Thank you!

Next Training:

27 May 2025

Topic:

“Using Your Voice for Change”

Advocacy Where You Live

