



HUMAN RIGHTS

Suggested Activities

Activity 1 Take a step forward

Overview

We are all equal, but some are more equal than others. In this activity participants take on roles and move forward depending on their chances and opportunities in life.

Related rights

- The right to equality in dignity and rights
- The right to education
- The right to a standard of living adequate for good health and well-being

Objectives

- To raise awareness about inequality of opportunity
- To develop imagination and critical thinking
- To foster empathy with others who are less fortunate

Materials

- Role cards
- An open space (a corridor, large room or outdoors)
- A hat

Preparation

- Sign the instructions carefully. Review the list of "situations and events" and adapt it to the group that you are working with.
- Make the role cards, one per participant. Copy the (adapted) sheet either by hand or on a photocopier; cut out the strips, fold them over and put them in a hat.

Instructions:

1. Create a calm atmosphere with enough space for them to walk.
2. Ask participants to take a role card out of the hat. Tell them to keep it to themselves and not to show it to anyone else.
3. Invite them to sit down (preferably on the floor) and to read carefully what is on their role card.



4. Now ask them to begin to get into a role. To help, read out some of the following questions, pausing after each one, to give people time to reflect and build up a picture of themselves and their lives:

- What was your childhood like? What sort of house did you live in? What kind of games did you play? What sort of work did your parents do?
- What is your everyday life like now? Where do you socialise? What do you do in the morning, in the afternoon, in the evening?
- What sort of lifestyle do you have? Where do you live? How much money do you earn each month? What do you do in your leisure time? What do you do on your holidays?
- What excites you and what are you afraid of?

5. Now ask people to remain silent as they line up beside each other (like on a starting line)

6. Tell the participants that you are going to sign out a list of situations or events. Every time that they can answer "yes" to the statement, they should take a step forward. Otherwise, they should stay where they are and not move.

7. Read out the situations one at a time. Pause for a while between each statement to allow people time to step forward and to look around to take note of their positions relative to each other.

8. At the end invite everyone to take note of their final positions. Then give them a couple of minutes to come out of role before debriefing in plenary.

More specific instructions found at <https://www.coe.int/en/web/compass/take-a-step-forward>

Activity 2: Playing with pictures

Overview

In this activity people identify images that illustrate Articles in the Universal Declaration of Human Rights (UDHR)

Related rights

- All

Objectives

- To raise awareness about the relevance of human rights to everyday life
- To develop "visual literacy" skills, listening and communication skills
- To promote empathy and respect for human dignity

Materials

- A collection of 20 - 30 photographs, numbered
- A large table



- A wall chart listing the Articles of the UDHR (copied from [the abridged version](#))

Instructors:

1. Lay the pictures out on a large table.
 2. Tell participants to work individually.
 3. Read out one of the articles from the UDHR and write it up on the board / flip chart.
 4. Ask participants to look at the photographs and to choose the one that, in their opinion, best represents the article.
 5. Then ask each person in turn to say which picture they chose and why.
 6. Make a note of which pictures were chosen; write the numbers on the board.
 7. Do four or five more rounds, naming different articles from the UDHR. (Choose a mixture of the civil and political and social and economic rights.)
1. (More specific instructions found at <https://www.coe.int/en/web/compass/playing-with-pictures>)