

# EXPLORING HUMAN RIGHTS



**To deny people their human rights is to challenge their very humanity.**

**Nelson Mandela**



## Purpose

To support young people to understand the importance of human rights, a key aspect of global justice.



## Materials

- Worksheet 1: Youth Worker Bingo Sheet
- Worksheet 2: Bingo Cards
- Worksheet 3: Human Rights Cards
- Exploring Justice video

## Activity 1: Human Rights Bingo



**Time**  
20 minutes

### Step 1

Split the group into pairs. Worksheet 2: Bingo Cards includes ten different bingo cards. Give each pair one bingo card. (Create more cards if necessary.)



### Step 2

Using Worksheet 1: Youth Worker Bingo Sheet and a [random number generator](#), read the description of each right as its number is chosen.

The young people must identify which right is being described and mark it off their bingo card (if applicable). Keep going until someone shouts bingo because all of the rights on their sheet have been read out.



## Summary

This is a simple quiz and variation of bingo, in which young people share their understanding of what their rights mean.

## Activity 2: Human Rights and the Sustainable Development Goals



**Time**  
20 minutes

### Step 1

Begin by showing the introduction to the SDGs from The World's Largest Lesson, located [here](#).



### Step 2

Split the young people into groups of three or four. Give each group a copy of Worksheet 3: Human Rights Cards. Work through the following questions, which will encourage a deeper analysis of the rights. After each question, ask some young people for feedback and to justify their choices.



- Which of the rights do you find most important as a young person?
- Which of the rights seem more important to people over fifty?
- Which rights seem more important to women?
- Which rights seem more important to children under five years old?
- Which rights seem more important to people living in poverty?
- Where in Ireland can you see examples of rights being ignored?

- Where in the world do you see rights being ignored?



### Summary

Explain to the young people that while the rights are universal, which means applicable to every human being on the planet, some become more important at different stages of their lives. Do they agree?

### Activity 3: Local to Global

#### Step 1

Using Worksheet 3: Human Rights Cards and the Exploring Justice video (show the video again if necessary), ask the young people to identify what rights are being denied in each of the three countries featured in the video.



#### Time

20 minutes



### Summary

**Somalia:** Unable to maintain a way of life due to climate change.

**Guatemala:** Lack of secure access to land due to actions of corporations.

**Palestine:** Home demolitions/displacement/restrictions on movement.

### Somalia

### Guatemala

### Palestine

**Step 2**

Extension question for an older age group: injustices often lie in systems and places outside of the person's control, and often outside of their own country. Can you name any systems that are contributing to or causing injustices in the contexts we have discussed? Can you name any systems in your own life that cause or contribute to injustice?

**Global**

Country	Issue	Systems
Somalia	Unable to meet their basic needs due to climate change	Climate justice
Guatemala	Lack of secure access to land due to actions of corporations	Corporate power/business and human rights
Palestine	Home demolitions/displacement	Illegal occupation

**Local**

Country	Issue	Systems
Ireland		



## Worksheet 1: Youth Worker Bingo Sheet

Number	Description	Right
2	We all have our own thoughts and ideas. We should all be treated in the same way.	We Are All Born Free and Equal
4	These rights belong to everybody, whatever our differences.	Don't Discriminate
6	We all have the right to live in freedom and safety.	The Right to Life
8	Nobody has any right to hurt us or to injure us.	No Torture
10	No one has the right to force us to work against our will.	No Slavery
12	I am a person just like you!	You Have Rights No Matter Where You Go
14	The law is the same for everyone. It must treat us all fairly.	We're All Equal Before the Law
16	We can all ask for the law to help us when we are not treated fairly.	Your Human Rights Are Protected by Law
18	Nobody has the right to put us in prison without good reason.	No Unfair Detainment
20	If we are brought to court, this should be in public, and nobody can tell the judges what to do.	The Right to Trial
22	When people say we did a bad thing we have the right to show it is not true.	We're Always Innocent Until Proven Guilty
24	Nobody has the right to come into our home, open our letters, or bother us or our family without a good reason.	The Right to Privacy
26	We all have the right to go where we want in our own country and to travel as we wish.	Freedom to Move
28	If we are frightened of being badly treated in our own country, we all have the right to run away to another country to be safe.	The Right to Seek a Safe Place to Live
30	We all have the right to belong to a country.	Right to a Nationality
1	Every grown-up has the right to spend their life with whoever they choose.	Marriage and Family
3	Everyone has the right to stuff, and no one can take our stuff.	The Right to Your Own Things
5	We all have the right to believe in what we want to believe, to have a religion, or to change it if we want.	Freedom of Thought
7	We all have the right to make up our own minds and to share our ideas with other people.	Freedom of Expression
9	We all have the right to meet our friends and to work together in peace to defend our rights.	The Right to Public Assembly
11	We all have the right to take part in the government of our country.	The Right to Democracy
13	We all have the right to affordable housing, medicine, education and childcare, enough money to live on and medical help if we are ill or old.	Social Security
15	Every grown-up has the right to do a job, to earn a fair wage for their work and to join a trade union.	Workers' Rights
17	We all have the right to rest from work and to relax.	The Right to Play
19	We all have the right to a good life. All people have the right to be cared for.	Food and Shelter for All
21	We all have the right to learn, and not have to pay for it.	The Right to Education
23	Anything we create should be protected. No one is allowed to copy it and say it is his or hers.	Copyright
25	There must be proper order so we can all enjoy rights and freedoms in our own country and all over the world.	A Fair and Free World
27	We have a duty to other people, and we should protect their rights and freedoms.	Responsibility
29	Step away from my rights!	No One Can Take Away Your Human Rights



## Worksheet 2: Bingo Cards



We Are All Born  
Free and Equal

You Have Rights No  
Matter Where You Go

No One Can Take  
Away Your Human  
Rights

Freedom to Move

Freedom of Thought

The Right to  
Democracy

The Right to Trial

The Right to  
Your Own Things

The Right to Life

We're Always Innocent  
Until Proven Guilty

Right to a Nationality

No Slavery

Food and  
Shelter for All

The Right to Education

We're All Equal  
Before the Law

Social Security

The Right to Trial

The Right to  
Your Own Things

The Right to  
Public Assembly

Copyright

Freedom of Thought

Responsibility

No Slavery

The Right to Privacy

The Right to Seek  
a Safe Place to Live

Right to a Nationality

No Unfair Detainment

No Torture

No One Can  
Take Away Your  
Human Rights

Your Human Rights  
Are Protected by Law

The Right to  
Democracy

Marriage and Family

Social Security

Food and  
Shelter for All

The Right to Privacy

Freedom of Expression

You Have Rights No  
Matter Where You Go

The Right to Life

The Right to Trial

We're All Equal  
Before the Law





## Worksheet 2: Bingo Cards



No Unfair Detainment

Copyright

Workers' Rights

Freedom to Move

A Fair and Free World

No Torture

No Slavery

The Right to Your  
Own Things

We Are All Born  
Free and Equal

Your Human Rights  
Are Protected by Law

We're Always Innocent  
Until Proven Guilty

You Have Rights No  
Matter Where You Go

The Right to  
Public Assembly

A Fair and Free World

Workers' Rights

Responsibility

Marriage and Family

The Right to Life

Don't Discriminate

No Torture

No Unfair Detainment

Freedom of Expression

The Right to Education

The Right to Play

The Right to Trial

The Right to Privacy

Your Human Rights  
Are Protected by Law

The Right to Play

Don't Discriminate

No Torture

The Right to  
Public Assembly

No Unfair Detainment

The Right to  
Democracy

The Right to Life

You Have Rights No  
Matter Where You Go

We Are All Born  
Free and Equal

Your Human Rights  
Are Protected by Law

We're Always Innocent  
Until Proven Guilty

The Right to Seek  
a Safe Place to Live

The Right to  
Your Own Things

## Worksheet 3: Human Rights Cards

**1. We Are All Born Free and Equal**

We are all born free. We all have our own thoughts and ideas. We should all be treated in the same way.

**2. Don't Discriminate**

These rights belong to everybody, whatever our differences.

**3. The Right to Life**

We all have the right to life, and to live in freedom and safety.

**4. No Slavery**

Nobody has any right to make us a slave. We cannot make anyone our slave.

**5. No Torture**

Nobody has any right to hurt us or to torture us.

**6. You Have Rights No Matter Where You Go**

I am a person just like you!

**7. We're All Equal Before the Law**

The law is the same for everyone. It must treat us all fairly.

**8. Your Human Rights Are Protected by Law**

We can all ask for the law to help us when we are not treated fairly.

**9. No Unfair Detainment**

Nobody has the right to put us in prison without good reason and keep us there, or to send us away from our country.

**10. The Right to Trial**

If we are put on trial, this should be in public. The people who try us should not let anyone tell them what to do.

**11. We're Always Innocent Until Proven Guilty**

Nobody should be blamed for doing something until it is proven. When people say we did a bad thing we have the right to show it is not true.

**12. The Right to Privacy**

Nobody should try to harm our good name. Nobody has the right to come into our home, open our letters, or bother us or our family without a good reason.

**13. Freedom to Move**

We all have the right to go where we want in our own country and to travel as we wish.

**14. The Right to Seek a Safe Place to Live**

If we are frightened of being badly treated in our own country, we all have the right to run away to another country to be safe.

**15. Right to a Nationality**

We all have the right to belong to a country.

**16. Marriage and Family**

Every grown-up has the right to marry and have a family if they want to. Men and women have the same rights when they are married, and when they are separated.

## Worksheet 3: Human Rights Cards



### 17. The Right to Your Own Things

Everyone has the right to own things or share them. Nobody should take our things from us without a good reason.

### 18. Freedom of Thought

We all have the right to believe in what we want to believe, to have a religion, or to change it if we want.

### 19. Freedom of Expression

We all have the right to make up our own minds, to think what we like, to say what we think, and to share our ideas with other people.

### 20. The Right to Public Assembly

We all have the right to meet our friends and to work together in peace to defend our rights. Nobody can make us join a group if we don't want to.

### 21. The Right to Democracy

We all have the right to take part in the government of our country. Every grown-up should be allowed to choose their own leaders.

### 22. Social Security

We all have the right to affordable housing, medicine, education, and childcare, enough money to live on and medical help if we are ill or old.

### 23. Workers' Rights

Every grown-up has the right to do a job, to a fair wage for their work, and to join a trade union.

### 24. The Right to Play

We all have the right to rest from work and to relax.

### 25. Food and Shelter for All

We all have the right to a good life. Mothers and children, people who are old, unemployed or disabled, and all people have the right to be cared for.

### 26. The Right to Education

Education is a right. Primary school should be free. We should learn about the United Nations and how to get on with others. Our parents can choose what we learn.

### 27. Copyright

Copyright is a special law that protects one's own artistic creations and writings; others cannot make copies without permission. We all have the right to our own way of life and to enjoy the good things that art, science and learning bring.

### 28. A Fair and Free World

There must be proper order so we can all enjoy rights and freedoms in our own country and all over the world.

### 29. Responsibility

We have a duty to other people, and we should protect their rights and freedoms.

### 30. No One Can Take Away Your Human Rights