

A MANUAL FOR HUMAN RIGHTS EDUCATION

COLEGA

Geneva Office for Human Rights Education



YOUTH | AGES 11-16

“This handy and playful book is a wonderful instrument serving children, youth and adults alike, and I am very grateful to GO-HRE for producing it. I hope that it can serve a large number of people and thus contribute to the promotion, respect and implementation of all human rights.”

Claire de Lavernette
Chair of the NGO Liaison Working Group
on Human Rights Education and Learning

Geneva, Switzerland
2017

COLEGA

A MANUAL FOR HUMAN RIGHTS EDUCATION



YOUTH
AGES 11 - 16

Geneva Office for
Human Rights Education

As facilitators and teachers who work with young people, you may adapt the material in this manual to suit your own culture and circumstances. You should become familiar with the *Universal Declaration of Human Rights*, as well as the *Convention on the Rights of the Child*, both of which are included at the end of this manual.

In Portuguese and Spanish, “colega” means colleague, friend, buddy or companion. It is a word that sounds friendly and inviting when read or spoken by people everywhere even if the word itself is not part of their language.

The Chinese character for “colega” (同事) conveys the idea of people together in harmony. That is the hope of this manual. **Colega** invites everyone to hold hands, link arms and embrace a universal culture of human rights.

Copyright © 2019 by Intellectual Reserve, Inc.
All rights reserved.

Published by the Geneva Office for Human Rights Education, www.go-hre.org.

Contributors: Beth Haynes, Ann and Daryl Hobson, Don and Ellen Holsinger, Christie and Greg Jarrard, Cyrina Jones, Leonel and Livia Sá Maia, Zoe Morgan, Richard and Shonnie Scott, Ryan Shirley, Macy Smith, Staci Waller, and Gael Webberg.

Cover Design: Parker E. Bryan.
Interior Illustrations: Cookie Allred, Samantha Bowen and Chrys Houghton.
All other illustrations and photographs are public domain unless otherwise noted.

Correspondence related to this publication or the reproduction or translation of all or part of it should be addressed to:
Geneva Office for Human Rights Education
E-mail: Learninghumanrights@gmail.com

English Edition, Version 1.6.
March 2019

CONTENTS

INTRODUCTION

| | |
|----------------------|---|
| PREFACE AND OVERVIEW | 7 |
|----------------------|---|

LESSONS

| | |
|---|-----|
| Y-1, <i>Born Free</i> | 11 |
| Y-2, <i>I Have Rights</i> | 23 |
| Y-3, <i>Is This Discrimination?</i> | 43 |
| Y-4, <i>Family, a Beautiful Thing</i> | 55 |
| Y-5, <i>Love at Home</i> | 69 |
| Y-6, <i>I Can Choose!</i> | 79 |
| Y-7, <i>Free to Learn, Safe to Speak</i> | 93 |
| Y-8, <i>My Right to Be Me</i> | 109 |
| Y-9, <i>Child Labor Is Just Not Fair!</i> | 129 |
| Y-10, <i>I Get to Go to School</i> | 157 |

FACILITATORS TOOLKIT

| | |
|---|-----|
| SECTION I: BACKGROUND INFORMATION | 189 |
| Historical Background | |
| Human Rights | |
| Children's Rights | |
| Human Rights Education | |
| The Importance of Educating Children about Human Rights | |
| <i>The Universal Declaration of Human Rights, Summary</i> | |
| <i>The Convention on the Rights of the Child, Summary</i> | |
| Music in the <i>Colega</i> Manual | |

| | |
|--|-----|
| SECTION II: GUIDELINES AND SUGGESTIONS | 197 |
| Background Information | |
| Best Practices and Effective Facilitators | |
| Best Practices for Facilitators | |
| Best Practices for the “Classroom” | |
| Teaching Methods | |
| Evaluation and Self-Critique | |
| | |
| SECTION III: ACTIVITIES, ENERGIZERS AND REVIEW | 205 |
| | |
| SECTION IV: SONGS | 209 |
| Here We Are Together | |
| I’ll Walk with You | |
| Kindness Begins with Me | |
| This Little Light of Mine | |
| We are Different | |
| | |
| SECTION V: GLOSSARY | 215 |
| | |
| SECTION VI: DOCUMENTS | 219 |
| Full Version and Child-Friendly Versions | |
| <i>The Universal Declaration of Human Rights</i> | |
| <i>The Convention on the Rights of the Child</i> | |

PREFACE

COLEGA: A Manual for Human Rights Education is a product of the Geneva Office for Human Rights Education (GO-HRE) with international offices in Geneva, Switzerland. The GO-HRE program is affiliated with Brigham Young University's David M. Kennedy Center for International Studies, a United Nations-accredited nongovernmental organization, in special consultative status with the United Nations Economic and Social Council.

This manual is a compilation of best practices from our own experience and creative imagination. We have also drawn on lessons gleaned from the many human rights handbooks, manuals and excellent programs created by organizations and individuals around the globe, such as the Council of Europe, Amnesty International, the Wergeland Centre, and Equitas *Play It Fair*, to name a few. We readily acknowledge the publications of these organizations as the source material for much of the content of this manual. Their work and stalwart examples are awe-inspiring.

COLEGA is a teaching resource for GO-HRE volunteers operating in a variety of national, language and media contexts worldwide, for use by all human rights educators.

The instructional objective of **COLEGA** is two-fold:

The dissemination of knowledge of *The Universal Declaration of Human Rights* and *The Convention on the Rights of the Child*, particularly among school-age youth.

Human rights behavior. A by-product of knowledge is compatible behavior. We believe that behavior compatible with human rights knowledge will increase and create climates or cultures based on human rights principles.

We are particularly indebted to those who have volunteered time and expertise sifting through the mountains of human rights education material available. They are now too numerous to mention individually. We owe much to many.

We are not the first, nor will we be the last, to be involved in human rights education. We hope that this manual will benefit the continued efforts to build and strengthen a global culture of human rights as we focus on the children, our best hope for the future.

COLEGA is not for sale and has no profit motive whatever. We have made all possible efforts to cite sources and adaptations. We apologize for any omissions and will be pleased to correct them in the next edition.

Geneva, Switzerland
March 2019

OVERVIEW

WHAT IS THE PURPOSE OF THE COLEGA MANUAL?

This manual is meant to promote human rights education in a variety of settings, and includes learning activities that are not only entertaining but thought-provoking as well.

WHO IS IT FOR?

1. Children ages 6 to 16, to help instill human rights attitudes into their awareness and behavior.
2. Facilitators and teachers, to improve the teaching and promotion of human rights values in their interaction with children as they incorporate the ideas and lessons into planned activities.

WHAT IS IN THE COLEGA MANUAL?

The manual contains general lesson plans, practical teaching tips and activities on specific human rights. **COLEGA** is divided into five sections:

- Preface and Overview
- Background Information
- Guidelines and Suggestions for Facilitators
- Activities, Energizers and Review
- Lessons, Songs and Documents

THE LESSONS

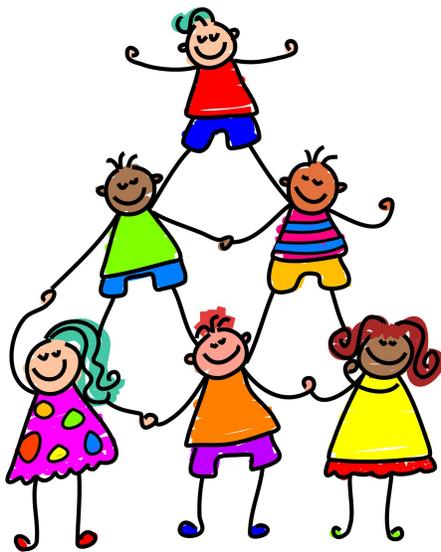
At the end of each lesson, there is a “*Facilitator Notes and Reflections*” sheet so that you can record any changes, new ideas or challenges for future reference. *You should keep all the originals used for lessons and activities in a folder for future use or reference.*

HOW TO USE THE COLEGA MANUAL

1. **Read the Background Information** contained in the “Tools for Facilitators,” Section I, at the back of the manual. Familiarize yourself with the history of *The Universal Declaration of Human Rights* and *The Convention on the Rights of the Child*, as well as the human rights principles and values. You’ll also find information on how to use **COLEGA**.
2. **Plan your lessons and age-appropriate activities in advance.** Identify activities and strategies to meet the needs of your particular students and young people.
3. **Hold regular discussions with your colleagues about the use of COLEGA.** Share your successes and any challenges you have faced, and work together to identify ways to improve the use of the manual.
4. **Facilitators:** Work through the lessons in the manual in consecutive order. They build on each other in a way meant to best help the children learn and remember the content.

(Adapted from *Play It Fair! Human Rights Education Toolkit for Children*, 2008 Equitas – International Centre for Human Rights Education.

Lessons



Youth

Ages 11 – 16 years

