

# COLEGA

# A MANUAL FOR TEACHING CHILDREN'S RIGHTS

SECONDARY



*“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

# COLEGA

## A MANUAL FOR TEACHING CHILDREN'S RIGHTS



YOUTH



Geneva Office for  
Human Rights Education

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or translation of all or part of it should be addressed to:  
Geneva Office for Human Rights Education  
E-mail: [Learninghumanrights@gmail.com](mailto:Learninghumanrights@gmail.com)

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# PREFACE

*COLEGA: A Manual for Child 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 flexible teaching resource for GO-HRE facilitators operating in a variety of national, language and media contexts worldwide, for use by all human rights educators. It provides ideas that we hope you'll use and develop to meet the needs of the young people you work with. Please share any feedback you may have on your experiences and what you've learned. (learninghumanrights@gmail.com)

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.

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 and youth, 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.

Geneva, Switzerland  
September 2022

# 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 18, 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 three sections:

1. Preface and Overview
2. Lessons
3. Facilitators Toolkit
  - Background History and Information
  - Guidelines and Teaching Tips
  - Activities, Energizers and Review
  - Songs, Mini Posters, Glossary and Documents (UDHR and CRC)

## HOW IS THE LESSON STRUCTURED?

1. Learning Points, Welcome and Review.
2. Introduction and Discussion of the Human Rights Article for that lesson.
3. Conclusion and Challenge.
  - The **Challenge** includes the **Responsibility** that goes with each lesson's human right.
4. Facilitator Notes and Reflections (found at the back of the manual as indicated).
  - Record any changes, new ideas or challenges for future reference.
  - Keep the originals in a folder for future use or reference if possible.

## HOW TO USE THE COLEGA MANUAL?

1. **Read the brief Background Information** in the **Facilitators Toolkit** at the back of the manual to learn the history of the United Nations, *The Universal Declaration of Human Rights (UDHR)* and *The Convention on the Rights of the Child (CRC)*, as well as the human rights principles and values.
2. **Plan ahead.** Identify activities and strategies to meet the needs of your particular students.
3. **Hold regular discussions with colleagues about the use of COLEGA.** Work together to identify ways to improve the use of the manual.
4. **Provide feedback.** Share successes and any challenges you have faced, as well as comments and/or suggestions.
5. **Teach the lessons in consecutive order** to best help students learn and remember the content.

(Source: *Play It Fair! Human Rights Education Toolkit for Children*, 2008 Equitas – International Centre for Human Rights Education.)



This is our COLEGA logo.

*A **logo** is a picture or image that stands for or is symbolic of a person or a thing.*

This logo stands for children and their books, celebrating human rights education.

It represents our lesson manual, which is called “COLEGA,” meaning *friend, buddy, colleague or companion.*

**COLEGA** invites everyone to hold hands, link arms and embrace a universal culture of human rights.