



WHO WE ARE

The Geneva Office for Human Rights Education provides its **COLEGA** instructional materials at no cost. Our aim and purpose is teaching children and youth about their rights as agreed in the *United Nations Universal Declaration of Human Rights*, and *Convention on the Rights of the Child*.

THE NEED

Human rights violations will remain a persistent global problem unless children and youth receive human rights education, inspiring them to care and make the necessary changes to create a better world.

MEETING THE NEED

Through human rights education, people acquire the knowledge, skills and commitment necessary to make a difference. Our interactive lessons are called **COLEGA**, by which we mean “your friend or colleague” in teaching and learning about human rights.



Find more information and resources at

go-hre.org

GO-HRE | GENEVA OFFICE
FOR HUMAN RIGHTS
EDUCATION



Information for Parents: Helping Children Know Their Human Rights

We all have rights just because we are human beings. When we know our rights and stand up for ourselves and others, we are all happier and we build a more peaceful world. Rights are of little value to us if we don't know that we have them!

What is Human Rights education?

It is learning that builds knowledge and skills, as well as empathetic attitudes and behaviors toward others. **COLEGA** encourages children to think about how they interact with others and how they can change their behavior to reflect human rights values.

It helps develop communication skills and critical thinking necessary for a free and safe world where justice and respect can prevail. It encourages the practice of kindness, cooperation and inclusion.

Human rights education engages the heart as well as the mind in fostering the desire to protect and promote the rights of all people.

And finally, Human rights education affirms the interdependence of the human family through dignity, freedom and justice for all.

What Human Rights are taught?

Each person's right to . . .

- Equality
- Life, Freedom and Safety
- Protection from Discrimination
- Protection from Bullying
- Marriage and Family
- Freedom of Religion or Belief
- Right to Legal Recognition
- Freedom of Expression
- Protection from Child Labor
- Education

Reaching for a world where everyone values human rights, enabling all to live in peace with one another.

How can you as a parent help?

The 30-minute **COLEGA** sessions will be taught to your child in school by their teacher once a week over 20 weeks (two terms).

We urge you to ask your child about what they are learning. Please discuss the topics they bring home. Your child will be given a chance to share with their classmates what they have done during the week.

We should all work together to make sure that everyone can enjoy all their rights.

When we protect the rights of others, we protect our own rights, and everyone benefits.

“We must not just educate our children to know and to do, we must also educate them to be and to live together.”

- Jacques Delors