

COLEGA

A MANUAL  
FOR TEACHING  
CHILDREN'S  
RIGHTS

SECONDARY





# A MANUAL FOR TEACHING CHILDREN'S RIGHTS



Presented by



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This manual is based on the  
*Universal Declaration of Human Rights (UDHR)*  
and the *Convention on the Rights of the Child (CRC)*.  
Various simplified versions of the UDHR and CRC have been used  
to facilitate teaching and understanding. The focus of the  
lessons is to teach children their rights, as well as their  
duties in the exercise of their rights.



*“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

# PERMISSION TO LOCALIZE COLEGA LESSONS

The *Colega* teaching manual introduces children and youth to the *Universal Declaration of Human Rights* (UDHR) and the *Convention on the Rights of the Child* (CRC). The lessons teach children not only their rights but also their duties and responsibilities in the exercise of these rights.

Many lessons include more content than can be taught in 30 minutes. Select the content that you consider best for your students while still including all six components of the lesson. You can use the songs, stories, character names, pictures or activities provided in the manual or substitute them for ones that are more familiar to young people in your country while maintaining the same principles and themes.

**Do not change the wording of the Human Rights Articles.**

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# PREFACE

***Colega: A Manual for Teaching Children's Rights*** 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 regarding your experiences and what you've learned.

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.

# 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 COLEGA FOR?

1. **Children ages 6 to 18.** The Primary Manual is for children ages 6 to 11, the Secondary Manual is for children ages 12 to 18. These manuals help instill human rights attitudes into their awareness and behavior.
2. **Facilitators and teachers.** These manuals are intended 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. Facilitator Toolkit
  - Background History and Information
  - Guidelines and Teaching Tips
  - Songs, Mini Posters, Glossary and U.N. Documents (UDHR and CRC)

## HOW IS THE LESSON STRUCTURED?

1. Learning Points, Welcome and Review.
2. Introduction and Development of the Human Rights Article for that lesson.
3. Conclusion and Challenge.
  - The **Challenge** includes the **duty** that goes with each lesson's human right.
4. Facilitator Notes and Reflections (found at the back of the lessons as indicated).
  - Record any changes, new ideas or challenges for future reference.

## HOW DO I USE THE COLEGA MANUAL?

1. **Read the brief Background Information in the Facilitator 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.** This best help students learn and remember the content.

# OVERVIEW

## COLEGA LESSON COMPONENTS

Each lesson in the Manual follows the same six steps to simplify the teaching process. Open with a song, review the challenge presented in the previous lesson and then introduce a new Human Rights article. The new article is then developed through a story, activity, questions and open discussion. The lesson is completed with a summary, and a new challenge for the students to put what they've learned to work.







This is the 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 the 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.