

COLEGA

A MANUAL  
FOR TEACHING  
CHILDREN'S  
RIGHTS

SECONDARY





# A MANUAL FOR TEACHING CHILDREN'S RIGHTS

SECONDARY

Presented by

GO-HRE | GENEVA OFFICE  
FOR HUMAN RIGHTS  
EDUCATION

© 2025 by Intellectual Reserve, Inc.  
All rights reserved.  
English Edition, Version 10

Published by the  
Geneva Office for Human Rights Education  
January 2025

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 and youth their rights, as well as  
their responsibilities in the exercise of their rights.



**Geneva Office for Human Rights Education:** Our mission is to make human rights part of every child's education. We focus on children and youth worldwide, teaching them about their rights as stated in the *Universal Declaration of Human Rights*, as well as the *Convention on the Rights of the Child*. We provide **Colega** instruction materials at no cost to the educational organizations that wish to utilize them.

# 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 students not only their rights but also their responsibilities in the exercise of these rights.

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 with 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.**

# CONTENTS

<b><i>Preface and Overview</i></b>	<b><i>I-III</i></b>
<hr/>	
Lesson 1A Right to Equality	1
Lesson 1B Right to Equality	6
Lesson 2A Equal and Inalienable Human Rights	10
Lesson 2B Equal and Inalienable Human Rights	13
Lesson 3A Freedom from Discrimination	15
Lesson 3B Freedom from Discrimination	19
Lesson 4A Freedom from Inhuman Treatment	22
Lesson 4B Freedom from Inhuman Treatment	26
Lesson 5A Right to Marriage and a Family	29
Lesson 5B Right to Marriage and a Family	36
Lesson 6A Freedom of Religion and Belief	39
Lesson 6B Freedom of Religion and Belief	43
Lesson 7A Freedom of Opinion and Expression	45
Lesson 7B Freedom of Opinion and Expression	49
Lesson 8A Right to Legal Recognition	51
Lesson 8B Right to Legal Recognition	56
Lesson 9A Protection from Child Labor	58
Lesson 9B Protection from Child Labor	62
Lesson 10A Right to An Education	65
Lesson 10B Our Duty to Community and Each Other	71
<hr/>	
<b>Facilitator Toolkit</b>	<b>76</b>
I. Background Information	77
II. Guidelines and Teaching Tips	81
III. Songs	87
IV. Glossary	92
V. UN Documents	95
VI. Sample Assessments	116
VII. Mini Posters	121

# 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 first in Geneva, Switzerland, and now ever expanding to other countries throughout the world. GO-HRE is an affiliate of 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.

Grounded in the recognition of the inherent dignity of all human beings, as set out in the *Universal Declaration of Human Rights*, this manual is a compilation of best human rights education practices derived from our experience and creativity. 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 Wegeland Centre, and Equitas Play It Fair, to name a few. We readily acknowledge the publications of these organizations as the source material for some of the key 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 twofold:

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

**The development of human rights behavior** which increases knowledge and improves cultural climates based on human rights principles.

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 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 education in human rights and responsibilities in a variety of settings, and includes learning activities that are not only entertaining but thought-provoking.

## Who is *Colega* for?

1. **Students approximately ages 6 to 18.** The Primary Manual is for children ages 6 to 11. The Secondary Manual is for youth approximately ages 12 to 18. These manuals help instill human rights values 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 students 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, Glossary, UN Documents (UDHR and CRC), Sample Assessments, Mini Posters

## How are the lessons 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 **responsibility** that goes with each lesson's human rights.

## 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 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 with your colleagues, as well as comments and/or suggestions.
5. **The lessons are designed to be taught consecutively.** If you teach them in a different order you will need to adjust the review material at the beginning of each lesson to match the challenge that was previously taught.

# OVERVIEW

## **Colega Lesson Components**

Each lesson in the manual follows the same six steps to simplify the teaching process. Open with a song, chant or poem. Review the challenge presented in the previous lesson and then introduce a new Human Rights Article(s). 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.

