

THESE RIGHTS ARE YOUR RIGHTS

Learning resources age 8+



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INTRODUCTION

Investigate! Educate! Advocate!

Now you've read our new book on child rights, how can you make a difference? Think about an issue that is important to you and try some of the suggested activities. Do them with friends, family, classmates – or on your own. You can be a child rights champion.

**AMNESTY
INTERNATIONAL**



INVESTIGATE!

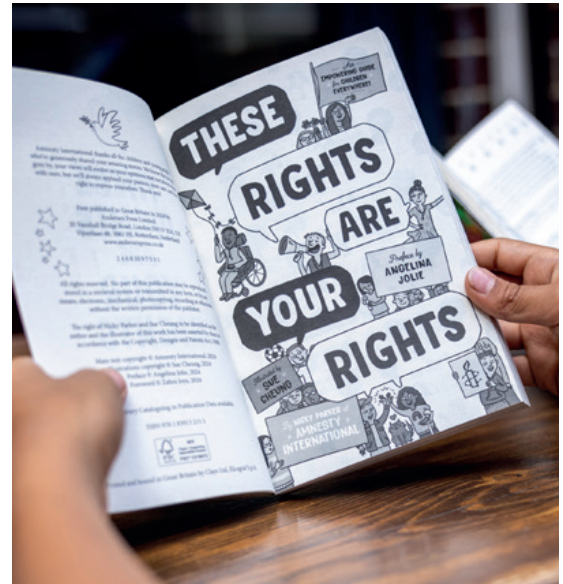
Be a child rights detective

Think:

- What else do you want to know about your rights?
- How can you find out more?

Do:

- Using a copy of the book, choose one right from pages 44 and 45. Find out ways in which this right is enjoyed in your community. You could take photos or make notes. Can you find groups near you working to make this right a reality? You could make a video or write a report about what they do.
- Take *all* the rights on pages 44 and 45. Find something that connects to each one in your local community. Can you find a place, an activity or a service where children can enjoy these rights? You could make a child rights map, collage or scrapbook.
- Look back at the people you have met in the book. For instance, Greta Thunberg (page 50), Francia Simon (page 55) and Dujan Hoosan (page 84). Find out more about them and other child rights activists. What right/s are they working towards and what have they already achieved? Design a poster or display celebrating their activism.



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» **Raise awareness: be creative**

This is all about telling the story of what matters to you in ways that make people take notice. The more people know about it, the more likely you'll achieve success. Use your voice, be yourself and have fun. Here are some starter ideas for creative awareness-raising, but you can come up with your own too!

Make your own eye-catching banners or placards. Simple messages are often the most powerful. Always be respectful.

Design and make kites so your pictures and messages fly high.

Make colourful bunting with your own words and designs.

Make hanging mobiles with meaningful shapes (like paper peace doves).

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EDUCATE!

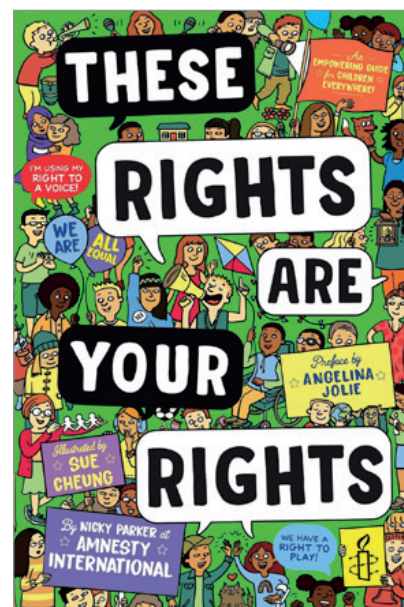
Be a child rights educator

Think:

- What should other people know about child rights?
- How can you raise awareness?

Do:

- Choose a right that you think grown-ups should know belongs to you. Decide on which grown-up/s to share it with, and when they might listen to you. Can you talk to family members while you are eating or travelling together? Can you ask to meet a teacher at break or lunchtime? Take inspiration from pages 156 to 165 in the book on how to raise awareness. You could write to your grown-up instead of talking, take photos or make a short video to show how you feel. Remember, you have the right to express yourself, take part in important conversations and be listened to.
- Get creative to help other children know their rights. You might choose to share with family, your class, another group or your whole school. Use the ideas from the book for a display, an assembly, a class activity. You could publish your views in a newspaper, blog or your own book!
- Help people understand the language of child rights so they can talk about them with confidence. For instance, turn the book's glossary on page 174 into a display, game or a word of the week activity. Find a way to celebrate whenever someone uses a key word in their talk or writing.



ADVOCATE!

Be a child rights activist

Think:

- What is important to you?
- What rights do you want to stand up for?
- How might you make a difference?

Do:

- Look at all your rights described on pages 44 and 45 in the book. Choose one that feels especially important to you. Why does it matter? Is it working as it should? You could make a list or a recording of your concerns or ideas and devise an action plan to make things better. To help you choose how to speak up, use the advice from Part 3 of the book, Stand up for your rights.
- Expressing yourself is a great way to show that you care about child rights. What do you love to do? Paint, bake, draw, game, dance, build things, make videos, write stories, create poems, play sport? Can you express your thoughts and feelings about rights through one of these activities? Check pages 158 to 160 in the book for creative ideas.
- How might you get other people involved? As the book says, there is always strength in numbers. You could start a group to work on ideas and issues together.
- When people can't enjoy their rights and are fighting for them, sending them messages can mean a lot. These messages of hope and solidarity can be written to people in your family, school and local community, or to people in the news who need support like this. You can also send messages through a human rights group like Amnesty (see page 83 and page 152 in the book). Messages can be written, drawn or recorded. Or you could make something to send like a painting or a badge.



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Advice for teachers, parents and carers

It is important to respect the rights of children and young people, including their freedom of expression and entitlement to be listened to. You may be conscious of your responsibility to protect and provide for children. Discuss any concerns you have with them and collaborate in decision-making about how to approach these activities or any others they want to do. Amnesty International UK provides guidance and training for teachers on human rights education and supporting young activists. Visit: www.amnesty.org.uk/education