

Additional documents

Art. 1 Right to Equality

Art. 2 Freedom from Discrimination

**Art. 3 Right to Life, Liberty, Personal
Security**

Art. 4 Freedom from Slavery

**Art. 5 Freedom from Torture and
Degrading Treatment**

**Art. 6 Right to Recognition as a
Person before the Law**

Art. 7 Right to Equality before the
Law

Art. 8 Right to Remedy by
Competent Tribunal

Art. 9 Freedom from Arbitrary Arrest
and Exile

Art. 10 Right to Fair Public Hearing

Art. 11 Right to be Considered
Innocent until Proven Guilty

Art. 12 Freedom from Interference
with Privacy, Family, Home and
Correspondence

Art. 13 Right to Free Movement in
and out of the Country

Art. 14 Right to Asylum in other
Countries from Persecution

Art. 15 Right to a Nationality and the
Freedom to Change It

Art. 16 Right to Marriage and Family

Art. 17 Right to Own Property

**Art. 18 Freedom of Belief and
Religion**

**Art. 19 Freedom of Opinion and
Information**

**Art. 20 Right of Peaceful Assembly
and Association**

**Art. 21 Right to Participate in
Government and in Free Elections**

Art. 22 Right to Social Security

**Art. 23 Right to Desirable Work and
to Join Trade Unions**

Art. 24 Right to Rest and Leisure

Art. 25 Right to Adequate Living
Standard

Art. 26 Right to Education

Art. 27 Right to Participate in the
Cultural Life of Community

Art. 28 Right to a Social Order that
Articulates this Document

Art. 29 Community Duties Essential
to Free and Full Development

Art. 30 Freedom from State or
Personal Interference in the above
Rights

Group action plans

Chapters	What	How	When
Knowing and claiming your rights			
Leadership and management			
Good governance and civic participation			
Non-violent conflict resolution			
Dealing with adversity and challenges			



Totally disagree

Disagree

Agree

Totally agree

Role-play 1: Child trafficking. I can never forget the fact that my own maternal uncle sold me to the circus. He told me that the work would be easy, I would get plenty to eat and I would also be able to financially support my parents. But life in the circus was very difficult. The circus master used to beat me for every small mistake that I made. He used to lock me up in a dark room and even used to starve me for days. I used to cry and beg him to free me, but he used to tell me time and again that my maternal uncle had sold me for 2,500 \$. Later I fell very ill and they sent me back to my village. I was 14 years old then and my entire childhood was overshadowed by this experience.

Role-play 2: Sexual harassment. I don't know how to tell others that my own uncle sexually molests me. My uncle who comes to tutor me every day at my home forces me to sit on his lap. He runs his hands inside my clothes and that makes me feel very uncomfortable. One day he even tried to kiss me. I was so shocked that I started to cry. He looked at me and in a stern voice told me to keep quiet. He even threatened to kill me if I told anyone about him. This incident has traumatized me. I can't sleep, I feel afraid while talking to others and I am really scared. One question echoes in my mind time and again "Will my uncle really kill me?" ...

Role-play 3: Corporal punishment. I am 13 years old. I don't feel like going to school because my math's teacher beats me when I can't get the sums right. One day he hit me so hard with a stick that my hands were badly bruised. I told my mother about the teacher's brutal behavior, but my mother was indifferent. She told me that I must have done something wrong to provoke my teacher and scolded me. I don't want to go back to school because my math's teacher will ruthlessly beat me up again. My study as well as my self-esteem is degrading day by day because of the torture that I have to go through on a daily basis.

“I am the leader of the IT department in my organization. Last week, I was unable to solve a critical network error and the entire organization was without electronic connection for more than one day. In a joint meeting with my colleagues and the heads of the other departments, they started to blame us for the situation”.

The most important

Very important

Quite important

Important

Less important

Not very important

The least important

