



Human Rights Advocacy Handbook



ABOUT HEADFORT FOUNDATION

Founded in 2019, Headfort Foundation is a non-partisan, registered nonprofit organization committed and dedicated to upholding and advocating for Human Rights in Nigeria. We close the Nigerian justice gap through legal aid, evidence based advocacy and innovative technology solutions. We provide access to justice through free legal representation for indigent victims of human rights abuse in prison and underprivileged Nigerians stuck in the justice system. We have provided free legal aid to over 2000 Nigerians and have secured the release of 564+ indigent and wrongly detained inmates from correctional facilities across five states in Nigeria. Our work has drawn the attention of national and international media such as Aljazeera, BBC Africa, Nas Daily and Guardian UK

Headfort Foundation, founded by Oluyemi Orija, a legal practitioner and human rights lawyer, is actively working towards providing indigent and underprivileged Nigerians stuck in the legal system with legal aid and capacity building to prevent marginalized Nigerians from being victims of human rights violence in Nigeria.



Welcome to the Human Rights Club

Dear Advocates,

Welcome to the Human Rights Club! This handbook is your guide to understanding and championing human rights. As members of this club, you are not just students; you are advocates for justice and equality. This handbook will equip you with the knowledge and skills to stand up for your rights and the rights of others. In this handbook, we will explore your basic human rights, discuss the rights you enjoy as children, and guide you on becoming effective advocates for human rights. Through engaging case studies and illustrations, we hope to inspire and equip you with the knowledge and skills needed to stand up for yourselves and others.



ACTIVITY

Each student should state their expectations about the school club

ABOUT HUMAN RIGHTS CLUB

The Human Rights School Club is a catch them young sublet of the advocacy project of Headfort Foundation . It focuses on young people between the ages of 7 to 18 years with the aim of nurturing them in advocating for human rights. This program is designed to educate, empower and inspire students to become effective advocates for human rights causes. We believe the advocacy school clubs will play a significant role in shaping the next generation to advocate for human rights and contribute to a more just and equitable society.

The objectives of the club are as follow;

- To increase awareness among club members and the school community about the importance of human rights, both locally and globally.
- To provide education on the Universal Declaration of Human Rights, international human rights laws, and their relevance to everyday life.
- To encourage empathy and understanding towards individuals and groups facing human rights violations or discrimination.
- To equip students with advocacy skills, such as public speaking, writing, research, and organizing events, to effectively promote human rights causes as well as develop and implement advocacy campaigns or initiatives that address specific human rights concerns.
- To cultivate leadership skills and qualities among club members, empowering them to take on leadership roles in advocacy efforts.
- To encourage a lifelong commitment to human rights advocacy by inspiring young people to continue advocating for justice and equality beyond their school years.
- Create a club environment that is inclusive and diverse, where all members feel welcome regardless of their background or beliefs and encourage critical thinking and discussion about complex human rights issues, ethics, and social justice.

CHAPTER ONE**HISTORY AND LEGAL FRAMEWORK OF HUMAN RIGHTS**

Understanding the foundations, history and legal framework of human rights is essential for advocating and protecting the rights we all enjoy. We will list and briefly explain three out of the many legal frameworks of human rights in Nigeria.

The Universal Declaration of Human Rights

The Universal Declaration of Human Rights (UDHR) was adopted by the United Nations General Assembly on December 10, 1948. Its origin can be traced back to the aftermath of World War II, a time when the international community recognized the need to establish a universal standard of human rights to prevent the atrocities and violations witnessed during the war.

Eleanor Roosevelt, the chairperson of the UN Commission on Human Rights, played a significant role in drafting the Universal Declaration of Human Rights. A diverse group of representatives from various cultural and legal backgrounds contributed to its creation, drawing from different legal traditions and philosophical perspectives. The document was crafted to be a common standard for all nations, emphasizing the inherent dignity and rights of every individual, regardless of race, religion, or nationality. This legal framework has been adopted and domesticated

The Universal Declaration of Human Rights (UDHR) sets out the fundamental rights and freedoms that apply to all people, regardless of their nationality, race, religion, or gender. Nigeria is a signatory to this declaration, which means it recognizes and upholds the rights stated within it and they are enforceable in Nigeria.

Constitution of the Federal Republic of Nigeria 1999, (as amended)

The 1999 Constitution of the Federal Republic of Nigeria outlines the rights and freedoms of Nigerian citizens. Chapter 4 of the Constitution specifically focuses on these rights. Some important rights protected under this chapter include but not limited to:

- **Right to Life:** Every person has the right to life and should not be unlawfully deprived of it. This right protects us from actions that can harm or take our lives.
- **Right to Dignity of Human Person:** Every person deserves to be treated with dignity and respect. This means no one should be subjected to torture, inhuman treatment, or degrading punishment.
- **Right to Liberty and Security of Person:** Individuals have the right to their freedom and should not be unlawfully detained or imprisoned. This right protects us from arbitrary arrests and ensures fair treatment within the justice system.

The Child's Right Act of 2003

The Child's Right Act of 2003 is a law in Nigeria that specifically protects the rights of children. It ensures that children have the right to education, healthcare, protection from abuse and exploitation, and a safe environment to grow and develop. The law aims to safeguard the well-being and rights of children across the country. The Child Rights Act of 2003 establishes a framework that prioritizes the protection, development, and well-being of children, promoting their rights across various spheres of life. Implementing and upholding these rights are crucial in creating an environment that nurtures the growth and potential of every child.



The Child Rights Act of 2003 in Nigeria outlines various rights that are crucial for the well-being, protection, and development of children. Some of the key rights articulated in this Act include:

- **Right to Education:** Every child has the right to free and compulsory primary and secondary education. This means that children should have access to quality education without discrimination.
- **Protection from Abuse and Harm:** The law provides protection for children against all forms of abuse, including physical, sexual, and emotional abuse. It also prohibits child labor, exploitation, trafficking, harmful practices, and any activity that may jeopardize their safety and well-being.
- **Right to Participation:** Children have the right to express their opinions freely and to have those opinions heard in matters affecting them. This means that children have the right to be involved in decision-making processes that concern their well-being.
- **Right to Survival and Development:** Children have the right to life, survival, and development to their fullest potential. This includes access to healthcare, nutrition, and a safe environment that promotes their physical, mental, and emotional well-being.
- **Right to Name and Nationality:** Every child has the right to a name and nationality from birth. Ensuring registration at birth is fundamental in safeguarding a child's identity and access to basic services.
- **Right to Leisure, Recreation, and Cultural Activities:** Children have the right to engage in play, cultural activities, and recreation that contribute to their social and cognitive development. This right recognizes the importance of a well-rounded childhood experience.
- **Right to Special Protection for Vulnerable Children:** Special protection measures are provided for vulnerable groups of children, including those with disabilities, orphans, and children in conflict with the law. These measures aim to ensure their inclusion, protection, and access to necessary support services.

Conclusion: Understanding the history and legal framework of human rights in Nigeria is essential for advocating and protecting our rights. The Universal Declaration of Human Rights, Chapter 4 of the 1999 Constitution of Nigeria, and the Child's Right Act of 2023 provide the basis for these rights. By being aware of these frameworks, we can stand up for our rights, promote equality, and contribute to a society that respects and upholds human rights for all.

Illustration: *Members of the club should highlight the legal framework on human rights in Nigeria and give two examples of rights each legal framework provides for. Members should pick any right of choice and do a role play about it to further understand the right*

CHAPTER TWO

UNDERSTANDING HUMAN RIGHTS

In this chapter, we will delve into the fundamental human rights that every person is entitled to. We'll discuss the Universal Declaration of Human Rights, explore the rights protected by the Nigerian constitution, and emphasize your rights as children. Engaging illustrations will help bring these concepts to life.

What Are Human Rights?

Human rights are fundamental privileges and freedoms that every person is entitled to, regardless of race, gender, religion, nationality, or any other status. They encompass the right to life, liberty, equality, and dignity, among others. They can never be taken away, but they can sometimes be restricted, for example, if a person breaks the law or in the interest of national security.

1. Right to life

The right to life is one of the most important human rights that we all have. The right to life is provided for in section 33 of the Constitution of the Federal Republic of Nigeria, 1999 (as amended). It means everyone has the right to live and not be harmed or killed unjustly. The right to life means that every person has the inherent right to live and that their life should be respected and protected by others, including the government. It means that no one can take away your life without a justifiable reason or due process of the law.

Illustration: Imagine a scenario where a child is being bullied in school. As members of the human rights club, you have the responsibility to stand up against this injustice. By advocating for the right to life, you can ensure that every child has the right to feel safe and protected in school. Taking action to prevent bullying can save lives and create a positive



environment for everyone.

It is important to understand that the right to life is not just about physical harm or violence. It also includes protecting oneself from dangerous situations and ensuring access to healthcare, food, water, and a clean environment.

Illustration: Imagine a community where children do not have access to clean drinking water. This can lead to waterborne diseases and have a detrimental impact on their health and well-being. By advocating for clean water initiatives and raising awareness about the right to life, you can help ensure that every child in your community has access to safe drinking water and a healthy life.



If you ever find yourself in a situation where your right to life is threatened or violated, it is important to know how to seek help. There are various ways you can do this:

- **Report to Authorities:** If you are in immediate danger or witnessing a crime, it is crucial to contact the police or relevant authorities who can intervene and protect your right to life.
- **Seek Legal Advice:** If your right to life has been violated and you need legal assistance, you can reach out to organizations or lawyers who specialize in human rights cases. They can guide you on the legal actions you can take to seek justice.
- **Raise Awareness:** Sometimes, advocating for your rights may mean raising awareness about a particular issue that threatens the right to life of individuals or communities. By using social media, organizing peaceful protests, or writing letters to public officials, you can draw attention to the violations and advocate for change.

Conclusion: Understanding the right to life is essential for protecting yourself and others. By advocating for this fundamental right, you can create a safer and more just society for everyone. Remember, you have the power to make a difference and protect the right to life.

Activity:

Each member should write what they understand by right to life and state the three ways they can seek help should their right to life or the right to life of someone else is threatened.

2. Right To Education

The right to education is a fundamental human right that ensures every child has the opportunity to learn and develop their skills. The right to education is provided for in the Child's Right Act, 2003 and it means that every child has the right to go to school, receive quality education, and develop their full potential. It includes access to primary, secondary, and higher education, without discrimination.

Illustration: Imagine a situation where a child cannot attend school because they cannot afford the fees or because they belong to a marginalized group. This violates their right to education. As members of the human rights club, you can advocate for scholarships or reforms that ensure every child has equal access to education.

**Benefits of Education**

Education has numerous benefits that can positively impact your life and the society as a whole. Some of the benefits include:

- **Knowledge and Skills:** Education equips you with knowledge and skills necessary for personal and professional growth. It enables you to think critically, solve problems, and contribute to society.
- **Empowerment:** Education empowers you to make informed choices, exercise your rights, and participate in decision-making processes that affect your life.
- **Breaking the Cycle of Poverty:** Education provides opportunities for social mobility and helps break the cycle of poverty. By acquiring knowledge and skills, you increase your chances of obtaining better job opportunities and improving your living conditions.

Advocating for the Right to Education

(Tell the story of Malala to encourage club members)

As members of the human rights club, you play a crucial role in advocating for the right to education. Here are some ways you can make a difference:

- **Awareness Campaigns:** Organize awareness campaigns to educate your communities about the importance of education and the right to education for every child. Use posters, pamphlets, or social media to spread the message.
- **Peer Tutoring:** Offer tutoring sessions or study groups to help fellow students who may be struggling academically. This ensures that everyone has the opportunity to learn and excel.
- **Engage with Decision-Makers:** Write letters or petitions to your school administration, local government officials, or educational policymakers to address issues such as inadequate school facilities, lack of qualified teachers, or discrimination in schools.

Conclusion: The right to education is essential for your personal growth and the development of your community. By advocating for this right, you can ensure that every child has equal opportunities to learn and thrive. Remember, education is the key to unlocking your potential and creating a brighter future.

Activity: *After understanding the right to education, conduct a group discussion on the challenges students face in accessing quality education in your community. Brainstorm ideas on how these challenges can be addressed and create a plan to implement one or more of these ideas. For example, you can organize a fundraising event to provide scholarships for disadvantaged students or collaborate with local organizations to improve school facilities.*

3. Right To Freedom From Discrimination

The right to freedom from discrimination is a fundamental human right that ensures all individuals are treated equally, without prejudice or unfair

treatment. Right to freedom from discrimination is provided for in section 42(1) of the Constitution of the Federal Republic of Nigeria, 1999 (as amended). Discrimination means treating someone unfairly or differently based on characteristics such as their race, ethnicity, gender, religion, or disability. It can occur in various settings, including schools, communities, and workplaces.

Illustration: Imagine a situation where a student is not allowed to participate in a school activity because of their religious beliefs. This is discrimination because they are being treated unfairly based on their religion. As members of the human rights club, you can advocate for inclusive policies and educate others about the importance of respecting everyone's differences.

The Harmful Effects of Discrimination

Discrimination has negative consequences for individuals and the society as a whole. Some harmful effects of discrimination include:

- **Emotional Impact:** Discrimination can lead to feelings of sadness, frustration, or low self-esteem. It can also create divisions and tensions among different groups within a community.
- **Denial of Opportunities:** Discrimination denies individuals equal opportunities in education, employment, and other areas of life. This limits their potential and hinders their ability to fully contribute to society.
- **Social Injustice:** Discrimination perpetuates social injustice and inequality. It reinforces stereotypes and prejudices, preventing societies from fully embracing diversity and benefiting from the talents and perspectives of all individuals.

Advocating For Freedom From Discrimination

As members of the human rights club, you have the power to stand up against discrimination and promote equality. Here are some ways you can make a difference:

- **Education and Awareness:** Organize workshops or presentations to educate your peers about different forms of discrimination and their harmful impact. Use real-life stories or case studies to illustrate the effects of discrimination.
- **Respect and Inclusion:** Practice respect and inclusion in your daily interactions. Treat others with kindness and fairness, regardless of their differences. Encourage others to do the same.
- **Reporting Discrimination:** Encourage students to report any incidents of discrimination they witness or experience. Make sure they know how to document the details and seek help from trusted adults or school authorities.

Conclusion: Everyone deserves to be treated with respect and dignity, regardless of their differences. By advocating for freedom from discrimination, you are promoting a society that values diversity and embraces the strengths each individual brings. Remember, it is through our collective efforts that we can create a world where equality thrives and discrimination is eradicated.

Activity: *After understanding the concept of freedom from discrimination, create a skit or role-play activity where each student portrays different characters from diverse backgrounds. The skit should highlight a situation where discrimination occurs, and the characters work together to address and resolve the issue in a fair and inclusive manner. This activity will help reinforce the learning and encourage empathy and problem-solving skills.*

4. Right to Peaceful Assembly and Association

The right to freedom of association and assembly is a fundamental human right that allows individuals to gather, form groups, and express their opinions collectively. Freedom of association is provided for in section 40 of the Constitution of the Federal Republic of Nigeria, 1999 (as amended) and it refers to the right to join or form groups, clubs, or organizations with others who share common interests, beliefs, or goals. Freedom of assembly refers to the right to peacefully gather together in public spaces to express opinions or engage in activities.

Illustration: Imagine a group of high school students who are passionate about environmental preservation. They decide to form an environmental club where they can come together, discuss environmental issues, and take action to make positive changes in their community. This is an example of exercising the right to freedom of association. Associations and assemblies play a crucial role in society as they enable individuals to:

- **Express their views:** By joining associations or attending assemblies, people can voice their opinions on matters that are important to them, encouraging open dialogue and democratic participation.
- **Advocate for change:** Associations and assemblies provide a platform for collective action, enabling individuals to work together towards common goals, such as advocating for human rights or social justice.
- **Foster solidarity:** Being part of associations and attending assemblies helps build stronger communities, as people with shared interests or concerns come together to support one another and work towards a common purpose.



Responsible Exercise of Freedom of Association and Assembly

While the right to freedom of association and assembly is important, there are a few restrictions to ensure public safety and the rights of others. Here are some responsible practices to keep in mind:

- **Peaceful and Respectful Behavior:** When attending assemblies or participating in associations, always maintain peaceful and respectful conduct. This means avoiding violence, hate speech, or disruptive behavior that may harm others or infringe upon their rights.
- **Prioritizing Safety:** Ensure that assemblies or gatherings are organized in a safe manner, taking necessary precautions to avoid accidents or hazards. If you notice any safety concerns, report them to the appropriate authorities.
- **Adhering to Legal Requirements:** Be aware of any legal requirements or permits needed for certain types of assemblies or associations. Obtain the necessary permissions and follow any guidelines provided by local authorities.

Conclusion: The right to freedom of association and assembly empowers individuals to come together, share ideas, and work towards positive change. By respecting the rights of others and responsibly exercising these freedoms, you contribute to a society where diverse voices are heard, and unity prevails. Always remember that with great power comes great responsibility, and by standing united, you can create a better future for yourselves and others.

Activity: *To further understand the right to freedom of association and assembly, organize a mock assembly or group discussion on a topic that the students are passionate about. Each student can choose a role, such as a speaker, organizer, or attendee, and engage in a respectful and constructive dialogue. This activity will help them experience the power of collective action and understand the responsibility that comes with exercising these rights.*

5. Right to Freedom of Expression

The right to freedom of expression is a fundamental human right that allows individuals to express their opinions, thoughts, and ideas without fear of censorship or punishment. Freedom of expression is provided for in section 39 of the Constitution of the Federal Republic of Nigeria, 1999 (as amended) and it is the right to freely express one's thoughts, ideas, and opinions through various means, such as speech, writing, art, and media.

Illustration: Imagine you have a passion for writing and want to share your thoughts and concerns about climate change in your school magazine. You have the right to express your opinion and contribute to the public conversation on that topic without fear of censorship or punishment. This is an example of exercising your right to freedom of expression.

Importance of Freedom of Expression

The right to freedom of expression is vital for several reasons which are highlighted below:

- **Democracy and Open Dialogue:** Freedom of expression encourages open dialogue, debate, and the exchange of diverse ideas, which are essential for a healthy democracy.
- **Personal Growth:** Expressing oneself helps foster personal growth, critical thinking, and the ability to understand different perspectives.
- **Social Progress:** By voicing opinions, individuals contribute to the creation of a more inclusive and just society, advocating for positive change.

Restriction to Freedom of Expression

While freedom of expression is a vital right, there are certain limitations to ensure the protection of individuals and society. It's important to understand these restrictions:

- **Hate Speech:** Your freedom of expression should not promote hatred,

discrimination, or violence against individuals or groups based on their race, religion, ethnicity, gender, or any other characteristic. It's essential to respect the rights and dignity of others.

- **National Security:** In some cases, governments may limit freedom of expression to protect national security. This means that speech or expression that may harm the safety or stability of the country may be restricted.
- **Defamation and Libel:** Your freedom of expression should not involve spreading false information or damaging someone's reputation. It's important to be responsible and truthful in what you say or write.
- **Incitement to Violence:** Expressions that encourage violence or harm to others are not protected under freedom of expression. It is crucial to promote peace and respect for others.

Illustration 1: Imagine a situation where someone spreads false information about a particular religious group, inciting hatred and violence. This would not be protected under freedom of expression, as it promotes discrimination and harm.

Illustration 2: Imagine you are discussing a controversial topic in a school debate. While you have the right to express your viewpoint, it is essential to do so with respect for others' opinions. Remember, healthy debates promote understanding and cooperation, even when individuals hold different perspectives.

Advocating for Freedom of Expression

As members of the Human Rights Club, you can advocate for the right to freedom of expression and help create a society where everyone's voices are heard. Here are some ways you can do that:

- **Promote Dialogue:** Encourage open and respectful discussions within your school and community. Create safe spaces where everyone feels comfortable expressing their opinions and listening to others.
- **Organize Workshops and Debates:** Plan workshops and debates that

focus on critical thinking, effective communication, and the importance of diverse perspectives. This will help develop skills necessary for expressing ideas in a respectful manner.

- **Social Media Activism:** Utilize social media platforms to share information, opinions, and campaigns related to promoting freedom of expression. Use hashtags, create infographics, and engage with others to raise awareness and encourage conversations.
- **Support Independent Journalism:** Recognize the importance of a free press in society. Stay informed by following credible news sources and supporting independent journalists who courageously report on important issues.

Conclusion: The right to freedom of expression empowers individuals to speak up and contribute to social change. However, it is crucial to exercise this right responsibly by respecting the rights and safety of others, adhering to defamation laws, and avoiding actions that may harm national security. By using your voice wisely, you can make a positive impact and help create a society where freedom of expression is valued and cherished.

Activity: *To further understand the right to freedom of expression, organize a group activity where students can express their opinions creatively. They can create artwork, write poems, or compose songs that reflect their thoughts on important issues. This activity will showcase the power of expression and encourage respectful dialogue among students.*

6. Rights to Movement

The right to freedom of movement is a fundamental human right that allows individuals to travel, reside, and move within their own country and across borders. Freedom of Movement is provided for in section 41(1) of the Constitution of the Federal Republic of Nigeria, 1999 (as amended). Freedom of movement grants individuals the right to travel, reside, and move freely within their country, as well as to leave and enter other countries. It means you can explore new places, meet new people, and learn about different cultures and ways of life

Illustration: Imagine you live in Lagos and want to visit Kano to see the famous

Kano Wall and learn about its rich history. The right to freedom of movement ensures that you can plan this trip, travel to Kano without unnecessary restrictions, and experience everything it has to offer.

Importance of Freedom of Movement

The right to freedom of movement serves several crucial purposes which includes

- **Personal and Cultural Enrichment:** By allowing individuals to travel and experience different places, cultures, and lifestyles, freedom of movement contributes to personal growth and broadens horizons.
- **Economic Opportunities:** The freedom to travel enables individuals to seek employment, education, and economic opportunities in different regions or countries.
- **Family and Social Connections:** Freedom of movement allows individuals to connect with family members, friends, and communities across different locations, strengthening social ties and fostering a sense of belonging.

Limitations on Freedom of Movement

While freedom of movement is a fundamental right, certain restrictions and limitations exist to maintain order, national security, and protect the interests of countries.

- **Immigration Laws and Border Control:** Countries have the right to control the entry and exit of individuals based on immigration laws and national security concerns. Some restrictions, such as visa requirements and border checks, are put in place to regulate movement.
- **Public Health and Quarantine Measures:** Sometimes, during outbreaks of diseases like COVID-19, governments may put restrictions on movement to protect public health and prevent the spread of the disease. These restrictions might include lockdowns, travel bans, or quarantine measures.
- **National Security:** In certain situations, when there is a genuine threat to national security, restrictions on movement may be imposed to prevent harm.

Illustration: Imagine you plan to travel abroad for a study program. Before your departure, you are required to obtain a visa and go through a security screening at the airport. These measures are in place to ensure the safety and security of both the host country and its citizens.

Advocating for Freedom of Movement

As members of the Human Rights Club, you have the power to advocate for the right to freedom of movement and help make positive changes. Here are some ways you can do that:

- **Raise Awareness:** Share information about the importance of freedom of movement with your schoolmates, friends, and community. Talk about its benefits and encourage everyone to respect and support this right.
- **Organize Events and Activities:** Plan events that celebrate different cultures and promote the understanding and acceptance of diversity. This will help create an inclusive environment where everyone feels welcome.
- **Write Letters and Petitions:** Take action by writing letters to local authorities and government representatives, expressing your concerns about any restrictions on freedom of movement that may be impacting individuals unfairly. You can also start petitions to gather support for change.
- **Collaborate with Other Organizations:** Work together with other human rights organizations or clubs to raise your voice collectively. By joining forces, you can have a bigger impact and increase the chances of making a difference.

Conclusion: The right to freedom of movement allows individuals to explore the world, seek opportunities, connect with loved ones, and experience different cultures. While this right is essential, limitations exist to maintain order, protect national interests, and ensure public safety. By understanding these limitations

and adhering to the regulations in place, you can enjoy the benefits of freedom of movement while respecting the rights and interests of others, fostering a more interconnected and understanding world.

Activity: *To understand the right to freedom of movement better, organize a mock travel experience where students can simulate the process of obtaining a visa, going through airport security, and crossing borders. This activity will provide a hands-on understanding of the regulations and limitations that may exist.*

7. Right to Dignity of Persons

Right to Dignity of a person is a fundamental right that ensures every individual is treated with respect, fairness, and equality. The right to dignity of a person is provided for in section 34 of the Constitution of the Federal Republic of Nigeria (as amended) and it is a fundamental human right that recognizes and protects your inherent worth and value as a human being. It means that you have the right to be treated with respect, fairness, and equality. This right applies to every aspect of your life, including your personal interactions, education, and healthcare

Illustration: Imagine a scenario where a student is constantly bullied by their classmates because of their physical appearance or ethnic background. The right to dignity of person ensures that this student has the right to be treated with respect and dignity, regardless of their differences.

Advocating for the Right to Dignity of Person

As members of the Human Rights Club, you have the power to advocate for the right to dignity of person and help create a society where everyone is treated with respect and fairness. Here are some ways you can do that:

- **Promote Inclusion and Acceptance:** Create an inclusive and accepting environment within your school and community. Encourage empathy,

understanding, and appreciation for diversity.

- **Stand up Against Bullying and Discrimination:** Speak out against bullying, discrimination, and any form of mistreatment that violates the dignity of individuals. Support those who have been targeted and work towards creating a culture of kindness and respect.
- **Educate Others:** Conduct workshops and awareness campaigns about the importance of dignity, equality, and human rights. Share real-life stories and case studies that highlight the impact of treating others with dignity and the consequences of its violation.
- **Create Safe Spaces:** Establish safe spaces in your school and community where individuals can express themselves freely, seek support, and be treated with respect. These spaces can be for open dialogue, counseling, or simply a place to feel accepted and valued.

Conclusion: The right to dignity of person acknowledges the inherent worth and value of every individual. It ensures that you are treated with respect, fairness, and equality in all aspects of your life. While limitations exist to safeguard the rights and dignity of others, it is crucial to advocate for this right and create a society that values and upholds the dignity of every person. By promoting inclusion, standing up against bullying and discrimination, educating others, and creating safe spaces, you can contribute to a community where everyone is embraced for their true worth and uniqueness.

Activity: *As a member of the Human Rights Club, you could organize a school-wide anti-bullying campaign, where you raise awareness about the importance of treating everyone with dignity and respect. This campaign could involve sharing stories, organizing group discussions, and implementing bystander intervention strategies.*

8. Right against Sexual and Physical Abuse

The right against sexual and physical abuse is a fundamental human right that guarantees your safety, security, and freedom from any type of harm inflicted upon you. It encompasses protection from any form of violence, assault, or exploitation, including physical, sexual, or emotional abuse.



Illustration: Imagine a student who is being sexually harassed by a teacher or physically abused by a family member. The right against sexual and physical abuse ensures that every individual, including you, has the right to be protected from such harmful actions.

Notable concept to understand about the Right Against Sexual and Physical Abuse.

- **Consent:** It's important to understand the concept of consent. Sexual activity must always be consensual between all parties involved. Without consent, any form of sexual contact is considered an abuse of this right.
- **Age of Consent:** The right against sexual abuse protects individuals who have reached the legal age of consent. Engaging in sexual activities with minors below the age of consent is a violation of this right and punishable by law.
- **Self-defense:** In certain situations, individuals have the right to defend themselves against physical harm. However, it's important to understand the limits of self-defense and avoid using excessive force.

Illustration: Let's consider a scenario where a student is sexually harassed by a classmate. This violates the right against sexual abuse, as consent is not given. It's crucial to report such incidents and seek help to ensure the right is protected.

Advocating for the Right Against Sexual and Physical Abuse

As members of the Human Rights Club, you have the power to advocate for the right against sexual and physical abuse. By raising awareness and taking action,

you can help protect yourselves and others. Here are some ways to advocate for this right:

- **Education and Awareness:** Organize workshops and sessions to educate your peers about the importance of consent, healthy relationships, and recognizing signs of abuse. Use real-life examples to help them understand the impact of sexual and physical abuse.
- **Peer Support Systems:** Create a supportive network within your school or community where students can confide in and seek help from their peers. Encourage open discussions about sensitive topics and provide resources for reporting and accessing support.
- **Engage with School Authorities:** Collaborate with school authorities to develop and implement policies and procedures that address sexual and physical abuse. Advocate for the inclusion of comprehensive sexual education programs and training for teachers and staff.
- **Partner with Local Organizations:** Work together with local organizations that specialize in tackling sexual and physical abuse. Cooperate in awareness campaigns, fundraisers, and community events to support survivors and prevent future incidents.

Conclusion: The right against sexual and physical abuse is a crucial human right that protects your well-being and freedom from harm. By understanding the restrictions, such as consent and age of consent, you can ensure your actions align with the principles of this right. As members of the Human Rights Club, you can advocate for this right by educating others, creating supportive networks, engaging with school authorities, and partnering with local organizations. By working together, we can build a society where every individual is safe, respected, and free from the horrors of sexual and physical abuse.

Activity: *As a member of the Human Rights Club, you could organize a campaign within your school to raise awareness about the right against sexual and physical abuse. This could involve presentations, informational posters, sharing survivor stories, and providing resources for reporting and seeking help.*

CHAPTER THREE

BECOMING A RIGHT ADVOCATE

Advocacy is the act of supporting and speaking up for the rights and well-being of others. As secondary school students, you have the power to make a real difference in the lives of those around you. Here's why becoming a human rights advocate matters:



- **To Empower Others:** By advocating for human rights, you can empower individuals who are marginalized or facing injustice. Your voice can contribute to breaking the cycle of inequality and discrimination.
- **To Promote Equality:** Advocacy helps promote equality and social justice. By speaking out against discrimination based on race, gender, religion, and other factors, you can contribute to creating a fairer society.
- **To Create Lasting Change:** Human rights advocacy can bring about positive change in society. When individuals stand up for their rights and those of others, it can lead to systemic changes that benefit everyone.

Real-Life Case Study

Real-life case studies are powerful examples that illustrate the impact of human rights advocacy. Let's explore a few:

- **Gani Fawehinmi:** Gani Fawehinmi, a renowned Nigerian lawyer and human rights advocate, dedicated his life to fighting for the rights of the poor and marginalized in Nigeria. Despite facing numerous challenges and threats, he fearlessly spoke out against corruption, human rights abuses, and injustice. Gani Fawehinmi's advocacy for the poor in Nigeria led to significant changes in the legal and social systems. His relentless fight for justice resulted in increased awareness and protection of human rights for the most vulnerable populations in Nigeria.

- **Malala Yousafzai:** Malala, a young Pakistani student and activist, advocated for girls' education despite facing threats from extremists. Her courage and determination garnered international attention and led to a global movement for girls' education. Malala's advocacy led to the establishment of the Malala Fund and the global recognition of the importance of education for all children, especially girls. Today, millions of girls around the world are receiving an education as a result of her advocacy.
- **Nelson Mandela:** Mandela dedicated his life to fighting against apartheid and promoting human rights in South Africa. His advocacy not only helped dismantle the discriminatory system but also inspired people around the world to stand up against injustice. Mandela's advocacy and leadership played a vital role in ending apartheid in South Africa. He became a symbol of hope and reconciliation, inspiring generations to fight for human rights and equality.
- **Greta Thunberg:** Greta, a teenage climate activist from Sweden, has been advocating for urgent action against climate change. Her strikes and speeches have mobilized millions of young people worldwide to demand accountability from world leaders. Greta's advocacy has brought global attention to the climate crisis and prompted governments to take action. Her speeches at international forums have forced leaders to address the urgent need for climate change mitigation and adaptation

Tips to Becoming an Effective Advocate

Positive change begins with individuals who take a stand for what they believe in. To become a right advocate, you need to be intentional, and courageous. Here's are some tips you need to learn to become an effective human rights advocate:

- **Educate Yourself:** Knowledge is power. Start by learning about universal human rights and the specific rights afforded to children. Understand the importance of these rights and how they can be violated..Learn about

different human rights issues and understand their impact on individuals and communities. Stay updated on current events and explore various perspectives on these issues. This knowledge will serve as a foundation for your advocacy efforts

- **Identify Issues:** Pay attention to the human rights violations you see or hear about in your community, school, or even globally. Identify the specific issues that resonate with you and align with your values and passions.
- **Develop Empathy:** To be an effective advocate, it's crucial to cultivate empathy for those whose rights are violated. Put yourself in their shoes, listen to their stories, and understand their experiences. This will fuel your determination to make a difference.



Speaking Up for Human Rights

Speaking up for human rights is speaking up against injustice, abuse, inequality in the society, school, or community and here are ways high school students like you can speak up for human rights.

- **Know Your Rights:** Familiarize yourself with your own rights as a student and a human being. This will give you the confidence to speak up when you witness rights violations.
- **Document Evidence:** When you witness a rights violation, gather as much evidence as possible. Take pictures, record videos, or collect statements from witnesses. This documentation will strengthen your advocacy efforts.
- **Seek Support:** Share your concerns with trusted adults, such as teachers, parents, or members of your human rights club. They can provide guidance, offer support, and help you strategize your advocacy actions.
- **Speak up:** use your voice to raise awareness about the rights violations through various platforms. Speak up in class discussions, write articles for your school newspaper, or create social media posts. Effectively communicate the issue, its impact, and the need for action.

- **Organize Events:** Plan events, such as seminars, workshops, or awareness campaigns, to educate your peers and the wider community about human rights issues. These events can spark conversations and encourage others to join your cause.
- **Collaborate:** Team up with like-minded individuals, such as your human rights club members, to amplify your voices. Working together can make a more significant impact and bring about change more effectively.
- **Support Organizations:** Identify local and international organizations working on human rights issues and support them through volunteering, fundraising, or spreading their mission to others.

Inspiring Case Studies

Case Study 1:

Jessica's Fight Against Bullying Jessica, a high school student, noticed a rise in bullying incidents in her school. She decided to take action. Jessica organized an anti-bullying campaign, inviting survivors to share their stories and providing resources on how to combat bullying. Through her advocacy, she created a safer and more inclusive environment within her school.

Case Study 2:

Ahmed's Environmental Activism Concerned about the effects of pollution, Ahmed started a recycling initiative in his community. Together with his classmates, he organized regular clean-up drives, educated others on waste management, and successfully influenced his school to implement sustainable practices. Ahmed's advocacy not only improved the environment but also inspired others to take action.

Case Study 3:

Sofia's Push for Girls' Education Sofia noticed that many girls in her community were being denied access to education. Determined to make a change, she organized fundraising events to support scholarships for girls and advocated for policy changes to ensure equal educational opportunities. As a result, more girls in her community now have the chance to pursue their dreams through education.

Conclusion: Becoming a human rights advocate is not only important but also empowering. It begins with educating yourself, identifying issues that matter to you, and developing empathy for those affected by rights violations. Remember to document evidence, seek support, and use your voice to raise awareness and inspire change. The case studies and role models mentioned in this chapter demonstrate the power of advocacy and highlight the impact young people can have in their communities. With determination and passion, you can become a force for positive change and be an advocate for human rights. Real-life case studies demonstrate the impact individuals can have in promoting human rights. By educating yourself, speaking up, collaborating, and supporting organizations, you can join a global movement for justice, equality, and the protection of human rights. Remember, positive change starts with individuals like you who are willing to take a stand.

Activity: *Club members should identify a right that aligns with their value which is being abused or violated in their school or community and write an article about it on any platform. Social media, traditional media, school magazines etc.*

CHAPTER FOUR

ACCESSING HELP FOR HUMAN RIGHTS VIOLATION

Accessing help when your right or the right of anyone in your community is violated is very important. There are channels available to you, including trusted adults, teachers, organizations, and even law enforcement agencies where you can access help. Remember, you are not alone, and there are people and organizations ready to support you in upholding your human rights.

Available Channels to Seek Support

- **Trusted Adults:** Reach out to trusted adults in your life, such as parents, teachers, or school counselors. They can provide guidance, support, and advice on how to address the violation and advocate for your rights.
- **Teachers and School Authorities:** If the violation occurs within your school, report it to your teachers or school authorities. They have a responsibility to ensure a safe and inclusive learning environment and should take appropriate action to address the issue.
- **Government Agencies:** Governments of every country exist to ensure security, protect the citizens and their rights. You can report violation of human rights to the appropriate government agencies established to address issues of abuse. For example, In Lagos State, the Domestic and Sexual Violence Response Team was established to provide response to sexual and gender based violence cases, ensure victim safety and prosecution of offenders. Research on the internet, you have the information about government agencies that you can report human rights violations to and seek support in your various communities.
- **Organizations:** Identify local organizations that specialize in human rights or the specific issue you are facing. They can offer assistance, resources, and guidance tailored to your situation. NGOs like Headfort Foundation are dedicated to promoting human rights and providing legal aid. You can reach out to Headfort Foundation via 09150577777 for support and referrals to other organizations if needed.

Reporting Human Rights Violations

When you witness or are informed of violation of human rights in your community or school, or your own rights are being violated by a classmate, or even law enforcement agents, as an advocate of human rights, you cannot be silent! It is important to speak up and report the violation so that the violation does not keep happening. Actions to take before during and after reporting are;

- **Documentation:** Document any evidence related to the violation, such as photographs, videos, or written descriptions. This documentation will strengthen your case when reporting and seeking help.
- **Reporting to Authorities:** In serious cases, you may need to report the violation to law enforcement agencies, such as the police. They have the authority to investigate and take legal action against the perpetrators. They can also refer you to appropriate support services and organizations.
- **Headfort Foundation:** As mentioned earlier, you can contact Headfort Foundation at 09150577777 for support and legal aid. They can provide guidance on how to report and resolve human rights violations. They can refer you to other Non-governmental organizations that focus on the area of the violation.

Conclusion: Accessing help and support when your human rights are violated is crucial. Trusted adults, teachers, and organizations like Headfort Foundation are there to assist and guide you. Remember to document evidence, report violations to appropriate authorities when necessary, and seek legal aid when needed. You have the power to protect your rights, and by reaching out for help, you can contribute to positive change in your own life and in society.

CHAPTER FIVE**FUNDING FOR HUMAN RIGHTS CAUSES**

Now that you are an advocate, you would wonder how you will get the financial resources to do all this work. Like transporting yourself from one place to the other to do the work in your community, data for internet, money to print and photocopy letters and pay for courier services where need be. Yes! You need money to advocate for human rights and in this chapter will discuss how you can access the money to advocate for human rights.

Why Funding Matters for Human Rights Causes

Funding matters for human rights causes because of the following reasons.

- **Financial Resources:** Human rights causes require financial resources to support initiatives, programs, campaigns, and legal actions. Fundraising plays a vital role in ensuring these resources are available to advance human rights worldwide.
- **Amplifying Impact:** With sufficient funding, organizations can amplify their impact by reaching a larger audience, advocating for policy changes, providing critical services to those affected by human rights violations, and supporting volunteers and staff.
- **Promoting Awareness:** Fundraising activities provide an opportunity to raise awareness about specific human rights issues, mobilize individuals to take action, and create a broader movement for change. Funding helps organizations effectively spread their message and educate the public about human rights concerns.

Sources of Funding for Human Rights Causes

- **Government Grants:** Governments often provide grants to support human rights initiatives at a local, national, or international level. Human rights advocates like you and human rights organizations can apply for these grants to fund their programs and projects.

- **Individual Donations:** Individuals who are passionate about human rights can contribute through one-time or recurring donations. Fundraising efforts should focus on engaging individuals and inviting them to be part of the cause.
- **Corporate Sponsorship:** Partnering with corporations can provide significant financial resources. Human rights advocates and their organizations should seek out companies with aligned values and mission, and explore opportunities for collaboration and sponsorship.
- **Grants from Foundations:** Many philanthropic foundations support human rights causes. Advocates and their organizations can research and apply for grants that specifically fund projects in areas such as education, healthcare, justice, and equality.

Visual Aids for Creating Engaging Fundraising Campaigns

- Infographics showcasing the impact of donations on different aspects of human rights causes. - Social media graphics with powerful quotes and statistics that can be shared to raise awareness.
- Visual representations of how donated funds are utilized to support specific programs or initiatives.- Before and after visuals showcasing the positive effects of fundraising efforts on individuals or communities.

CASE STUDY

Case Study 1: The Malala Fund

The Malala Fund, founded by Nobel Peace Prize laureate Malala Yousafzai, has successfully raised funds to support girls' education globally. Through partnerships, grants, and individual contributions, the fund has enabled the empowerment of girls through education, advocating for their rights, and creating a lasting impact in communities around the world.

Case Study 2: Amnesty International's Fundraising Initiatives

Amnesty International has implemented various fundraising campaigns, to

support their advocacy and humanitarian work. These initiatives have engaged millions of individuals worldwide, bringing attention to human rights violations, raising funds, and inspiring collective action.

How to Fundraise Effectively

- **Organize fundraising events:** To successfully organize a fundraising event, these are the things you have to do;
- Choose a meaningful cause or specific human rights issue to focus on.
- Plan and organize events such as charity runs, concerts, art exhibitions, or bake sales to raise funds.
- Collaborate with local businesses, communities, and schools to maximize outreach and participation.

2. Create Awareness Campaigns

- Develop engaging content to inform and educate others about the human rights cause you are supporting.
- Utilize traditional media like posters, flyers, and brochures, alongside social media platforms to reach a wider audience.
- Share personal stories, statistics, and compelling visuals to create empathy and resonance in your messaging.

3. Leveraging Social Media for Support:

- Create dedicated social media pages or accounts for your fundraising efforts.
- Utilize storytelling techniques through posts, videos, and live streams to highlight the importance of the cause and encourage donations.
- Engage with potential donors, supporters, and influencers through direct messages, comments, and partnerships to expand your reach and impact.

Conclusion

Funding is vital for advancing human rights causes, supporting initiatives, and creating lasting impact. Successful fundraising initiatives, like those implemented by the Malala Fund and Amnesty International, demonstrate the power of financial support in promoting and protecting human rights globally. Understanding the role of financial support, exploring various sources of funding, and implementing effective fundraising strategies utilizing events, awareness campaigns, and social media, can help you make a difference in advocating for human rights. Visual aids, such as infographics and social media graphics, can enhance the engagement and success of your fundraising campaigns.

Funds you raise are a powerful resource for making a difference. By using them responsibly and in line with your communicated goals, you not only fulfill the expectations of your supporters but also ensure the long-term success and credibility of your cause.

Keep up the fantastic work, and remember, responsible fundraising leads to impactful change!

Congratulations, Advocate!

You have now completed the Handbook for Human Rights Advocacy in Nigerian Secondary School, Armed with knowledge, empathy, and determination, you are ready to make a difference. Remember, your voice matters, and as a human rights advocate, you have the power to shape a more just and equal future for all.



ABOUT THE BOOK



Human Rights Advocacy Handbook



This handbook is specifically designed for high school students who are members of a human rights club. The purpose of this handbook is to provide you with a comprehensive resource that will help you understand and exercise your basic human rights as individuals and as children. It is written in simple English language to ensure easy comprehension and engagement. Through clear and concise language, case studies, and illustrations, this handbook explores topics such as the importance of human rights, how to become an advocate for human rights, how to protect your rights and seek help when violated, and even how to fund human rights causes. Our goal is to not only educate you about your rights, but also to inspire and empower you to stand up for yourselves and others, and ultimately contribute to positive change in your communities. We encourage you to read this handbook, engage with the content, and utilize it as a tool to navigate the complex world of human rights. By arming yourself with knowledge and understanding, you have the power to make a difference. Enjoy this journey of empowerment