

Article 9

No one shall be subjected to arbitrary arrest, detention or exile



Stay after school for half an hour in solidarity with those who are taken away from their homes and families permanently without charge or trial. You could spend this time taking action on some individual at risk cases.



Spend the day standing up for an individual at risk of having their human rights violated. Help them get out of prison or prevent torture. Choose a case to take action on right now at www.amnesty.org.uk/iar

Article 13

Everyone has the right to freedom of movement



Spend your break times with your legs tied to those of a friend to symbolise having your movement restricted.

Article 17

Everyone has the right to own property



Go without something you treasure for the day – your mobile phone, hairbrush, tablet, mirror, anything that you use every day.

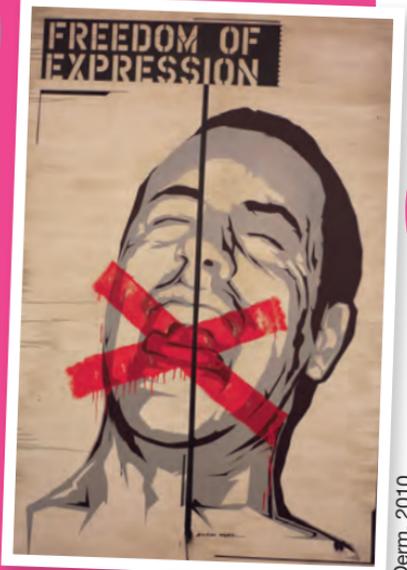


Article 19

Everyone has the right to freedom of opinion and expression



Don't speak for the day in solidarity with those who face prison or even death for speaking out against their governments.



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Article 22

Everyone, as a member of society, has the right to social security and is entitled to realisation... of... economic, social and cultural rights



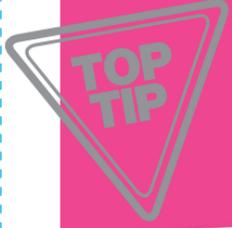
Symbolise the loss of cultural identity by giving up something that makes you unique. For example, cut your hair, take out piercings, be make-up free. Choose anything you'd resent being forced to give up.

Article 24

Everyone has the right to rest and leisure



Stay inside during your break times.



Have you got other ideas? Great! If you come up with new ways to raise awareness of human rights – and funds – we're eager to hear about it. Remember to link what you do to one of the articles in the UDHR.



Article 26

Everyone has the right to an education



Give up your free time to teach a skill you have or ask a teacher to teach something new.



GET IN TOUCH

Tell us about any upcoming Give It Up days in your school. We can give you advice and send out Amnesty stickers, posters, badges, balloons and campaign materials. Email fundraise@amnesty.org.uk

MY RIGHTS PASSPORT



Sponsored activities based on the Universal Declaration of Human Rights to raise funds and awareness

Fortunately most of you reading this leaflet will be growing up in a place where human rights are enshrined in law. However, many aren't so fortunate. Help those who aren't by taking part in a new fundraiser – giving something up for human rights.



How do I take part?

All you do is:

- 1 Look through the My Rights Passport and pick an article with a 'Give It Up' stamp on it.
- 2 Pledge to do the linked action or activity relating to that particular article for Amnesty, eg sponsored silence (Article 19 Freedom of expression).
- 3 Ask your friends and family to sponsor you.
- 4 Hold a 'Giving It Up' day at your school and organise other fundraising activities (such as a cake stall) and an assembly around it.

By Giving it Up for the day you can show solidarity with people who are denied basic human rights on a daily basis – and raise vital funds for our human rights work around the globe.

Doing it their way

Pupils from Ashford School, Kent, raised over £1,000 for Amnesty by giving it up at their Dare to be Different Day. They came up with creative ways to pass on their message about the importance of human rights by relating sponsored activities to an article in the Universal Declaration of Human Rights.

This included sponsored silences, volunteering their time to help their community and wearing masks to raise awareness about enforced disappearances. Some teachers spent the day shackled together and others shaved their heads.

www.amnesty.org.uk/youthgiveitup



Ashford School takes action for human rights



Article 1
All human beings are born free and equal in dignity and rights



Wear a placard for the day with 'second class citizen' written on it. In many places across the world people are denied their rights because of their gender, sexual orientation religion or race.



Article 3
Everyone has the right to life, liberty and the security of person



Wear a plain mask for the day to symbolise and remember the 'disappeared'. Wear a placard round your neck explaining what you're doing and why.



Article 4
No one shall be held in slavery or servitude



Volunteer to be the class servant for the day. You will hand out all the books, run errands for the teacher and anything else that's asked of you.

I am _____'s
SERVANT
for the day



Article 5
No one shall be subjected to torture



Organise a Stop Torture football/hockey/sports match to raise awareness for the Stop Torture campaign.

