



Human rights and solidarity

Learn about human rights and how to show solidarity with key workers in your community

You will need

- [Universal Declaration of Human Rights > Summary](#)
- [Right up your street > Picture](#)
- [Ideas for showing solidarity > Sheet](#)
- [Weighing it up > Grid](#)



LEARN 10 minutes

What are human rights?

We are all born free and human rights belong to all of us. This includes the right to go to school, the right to be treated equally and the right to be safe.

Watch this short film to find out more – and write down three human rights and freedoms it explores.

Why are human rights important, especially at the moment?

Now think about your right to have your own opinions and the right to express them. Do you have a voice? Do people listen to your opinions?

Have you ever used your voice to show **solidarity** with friends, family, school or your community?

Solidarity
means to show
support for someone
or something.



Everybody – we are all born free: a short film about human rights
4:18 mins

TASK 1 15 minutes

Be a human rights detective

Look at the **Right up your street picture**. Imagine you are a human rights detective. Using your copy of the summary of the **Universal Declaration of Human Rights**, can you spot: People asking for their rights? Enjoying and using their rights? Having their rights denied (refused)?

Can you see any key workers? What human rights are they using or asking for?

Look at the children in the playground. What human right are they enjoying?

What is happening outside the sweetshop? Have the police caught the real thief? Hint: a boy is running away in the distance. What right is being denied to the boy being told off?

Look at the people gathered with signs. What human right are they demanding?

The **Universal Declaration of Human Rights** was written in 1948 by the United Nations and sets out the rights that all humans should have.

TASK 2 10 minutes

Human rights you enjoy

What human rights do you enjoy where you live? Think about what makes you happy and what helps you. Try to list five rights you use in your everyday life.

If you're unsure, look at your copy of the summary of the **Universal Declaration of Human Rights** to help you choose.

Do you think everyone enjoys these rights? Which groups of people may not, especially during Covid-19? Think about **key workers** keeping us safe and the country functioning.

Do you think this is fair? How does that make you feel?

Key workers are the people who keep the country running. They include doctors, nurses, hospital workers like cleaners and porters, drivers, teachers, bin collectors, supermarket staff, and people who clean public areas, buses and trains. Farmers and others who produce food, journalists, police and firefighters are also key workers.



TASK 3 20 minutes

What does solidarity mean?

You are now going to start a new project:
Showing solidarity with key workers.

Firstly, think about what solidarity means. Examples include supporting people; showing you care and appreciate someone or something; standing up for a friend; speaking out for the rights of others and against inequality and unfairness.

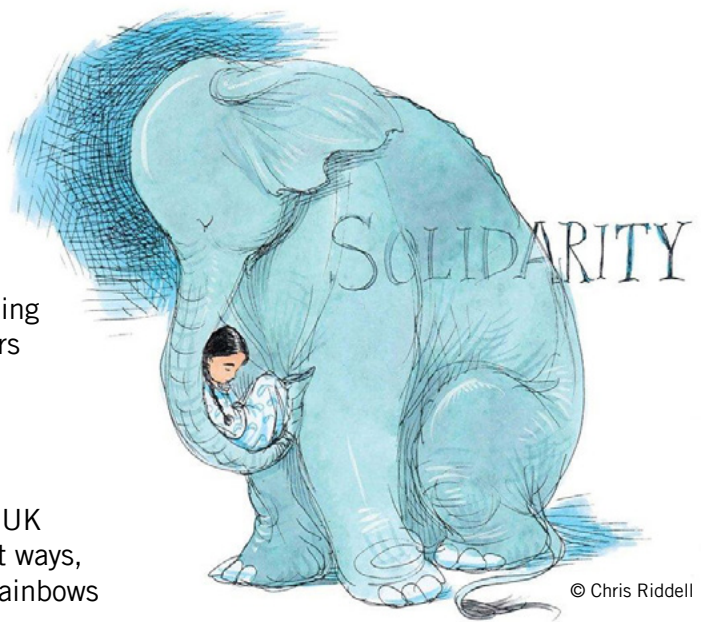
How would you use solidarity in a sentence?

Every day, in response to Covid-19, people in the UK have shown solidarity with key workers in different ways, from staying at home and clapping to displaying rainbows in their windows.

There are lots of fun and creative ways to show solidarity with key workers. What can you think of? Try to come up with three possible ideas.

Have a discussion with an adult at home and describe to them what you'd like to do and the reasons why. Maybe there's a particular worker, feeling or issue you would like to highlight.

Read the **Ideas for showing solidarity** sheet to help you.



TASK 4 15 minutes

Weighing it up

Look at your ideas. Use this checklist to establish which one will work best.

- How easy are my ideas to achieve? (Difficult, average, easy)
- How much impact will each one have? (Big, average, small)
- Can I involve other people?
- Who will see my work?

You will need to consider the time and resources you have.

Draw or print out the **Weighing it up** grid and fill it in to help you.



TASK 5 *1-2 hours*

Ready to show support?

Now plan out your idea. What is your message? Think about whether you need to ask anyone for help and if it is something you and your family and friends can do together. You may need paper, pens, paints, scissors. You are now ready to get to work.

When you have finished your work, can you: Put it where people can see it? Encourage more people to take part? How will you do this?

Take a photo of what you've done and ask an adult to help you share it on social media [@amnestyUK](#)

TASK 6 *10 minutes*

Finally...

We have explored human rights and how to show solidarity. Write down one sentence to sum up what you have learned and share it with your family and teacher with a photo or details of what you have achieved.

