

# SPEAK FREE

Educational resources on **Freedom of Expression**  
to engage and inspire students aged 11–16



Amnesty International  
**PROTECT THE HUMAN**

## ACKNOWLEDGEMENTS

This teaching pack draws on good practice shared by teachers and Amnesty International activists and campaigners. Special mention goes to members of Amnesty International youth groups, particularly Drumragh Integrated College, the Youth Advisory Group, students of Paddington Academy and Impington Village College, and to Amnesty International colleagues in Africa.

The pack has been written in consultation and collaboration with a number of people, including teachers and young people.

Thanks go to Rosie Ball, Lynda Smith, Michael McCann, Nazanin Shirani, Leilee Shirani, Mrs Dutch, Kathleen O’Keeffe, Amir Shar, Craig Howard, Angharad James, Claire Hiett, Vicki Pitman, Fiona Pattinson and Alison McGill.

Thanks go to those featured in this pack, including Maria Gillespie, the members of WOZA (Women of Zimbabwe Arise) and all those who risk their lives every day in defence of human rights.

Special thanks go to Peter Benenson (1921–2005) for his vision and passion.

---

# SPEAK FREE FOREWORD

---

Supporting teachers to engage young people with human rights issues is a vital part of Amnesty International's work. **Speak Free** is the latest in Amnesty's popular series of annual packs for teachers of secondary students.

Our **Speak Free** booklet and CD provide a **lesson plan** (pages 6–7) and a **play script** – each with a PowerPoint presentation – plus short films, information and work sheets, and a competition to design a human rights sticker. All this, plus extra information, is on the CD and our website.

2011 is an exciting year for Amnesty – it's our 50th birthday. For half a century we have been shining a light on human rights abuses all over the world. We ask you to join us in making 2011 the year when even more people become aware of human rights and take action to make a difference.

**Speak Free** focuses on the right to freedom of expression. Amnesty was founded 50 years ago to fight for recognition of this fundamental right and to combat abuses of people who dare to speak out. Today we have over 3 million members worldwide, people whose actions have made a difference to the lives of those who have been unfairly imprisoned, tortured or faced execution.

This year we want to encourage many more Amnesty youth groups and young people to use the pack to engage in peer education and learn from each other. As well as a range of resources to use with students, it provides information on how to get more involved, for example, by setting up an Amnesty youth group or joining our teachers' network, TeachRights. And we have an exciting sticker design competition.

Last year we worked with our Amnesty office in Beirut to distribute the schools pack in Arabic to a group of pilot schools in Lebanon. In 2011 we will be working with colleagues in Africa to reach schools in countries such as Zimbabwe, South Africa, Senegal and Ghana.

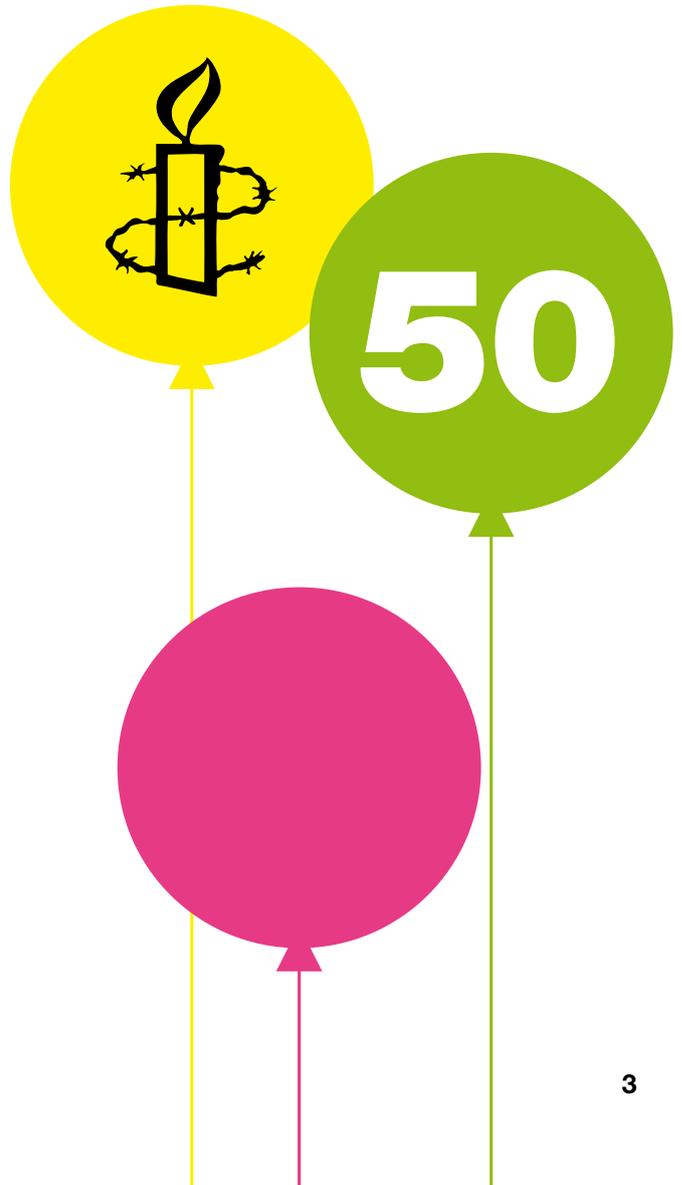
We hope these resources enable you to inspire a new generation who want to make a difference.



**Dan Jones, Education Adviser**  
Amnesty International member since 1961

Open your newspaper any day of the week and you will find a report from somewhere in the world of someone being imprisoned, tortured or executed because his opinions or religion are unacceptable to his government. There are several million such people in prison... and their numbers are growing. The newspaper reader feels a sickening sense of impotence. Yet if these feelings of disgust all over the world could be united into common action, something effective could be done.

Amnesty founder Peter Benenson, writing in *The Observer* in 1961



# SPEAK FREE

## HOW TO USE THESE RESOURCES

### LIST OF SPEAK FREE RESOURCES



#### IN THE BOOKLET

- *Speak Free*: Freedom of expression lesson plan (p6)



#### ON THE CD

- Speak Free Lesson and PowerPoint, Information Sheets 1–3, Worksheet
- *Better to light a candle* play script and accompanying PowerPoint slide show
- *Introduction to Amnesty* PowerPoint: includes human rights films (*Signatures*, *You are Powerful*, *Bullet*)
- Sticker Design template and competition guidelines
- Short films



#### ONLINE

All of the above resources are available online at [www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)

Also available online are:

- 'Shine a Light' Human Rights Day information. Suggestions and ideas for holding an off-timetable Human Rights Day
- Curriculum links
- More ideas for attention-grabbing starter discussions and lessons
- What are human rights? Background information
- Teaching controversial issues guidance
- Information for young people on [www.amnesty.org.uk/youth](http://www.amnesty.org.uk/youth)



#### IN THE POCKET

- Stickers for your students
- Feedback postcard
- *Amnesty Resources for Schools* catalogue

### WHO ARE THESE RESOURCES FOR?

- Teachers of students aged 11-16 in Citizenship (local and global); PSE/PSHE; English/Drama; History; RE; as part of the Welsh Bacallaureate; and for form tutors.
- Young people who want to raise awareness of human rights.
- Amnesty International youth groups.
- Amnesty International school speakers.

### WHEN TO USE THESE RESOURCES

Amnesty International's official 50th birthday is 28 May 2011. Anniversary events are being held from May 2011 to May 2012, so you can use this pack at any time during this period and beyond. We also want as many people as possible to take part in our 'Shine a Light' events around 10 December 2011, Human Rights Day. To find out more see: [www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)

### ADAPTING THESE RESOURCES

We encourage teachers to adapt the resources to suit the ability and needs of their students. This year, based on your feedback, we have provided adaptable Word versions of worksheets and adaptable PowerPoints to help you to do this.

Below: Human rights in the classroom at Mulberry School, East London



© Marie-Anne Ventoura

## HOW TO USE THESE RESOURCES

This 8-page booklet plus CD contains the *Speak Free* lesson plan and the play script *Better to Light a Candle* – each with supporting PowerPoint presentation. The CD also has short films, information and work sheets, and a sticker design competition. (For the full list of contents, see opposite.)

### Use the lesson plan

This introduces students to the human right to freedom of expression. It explores the ways in which this right is denied and what action Amnesty takes to uphold this right. Students will learn more about individual cases and have the opportunity to think of creative campaigning methods.

► **You need:** Lesson plan, page 6–7; CD, PowerPoint, information and worksheets.

### Hold an assembly or play

*Better to light a candle*, the play on the enclosed CD, can also be used as an assembly. It comes with a play script and a PowerPoint presentation to introduce young people to the work of Amnesty International. It tells the stories of defenders of human rights and those whose human rights have been abused. It features young Amnesty activists and others who have stood up for human rights.

► **You need:** CD, play script and PowerPoint

### ‘Shine a Light’ day – 10 December 2011

You can celebrate Human Rights Day and Amnesty International’s 50th birthday by holding a ‘Shine a Light’ day at your school around 10 December. Look online for further resources, ideas and details of events taking place around the UK.

► **[www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)**

## FILM... COMING SOON

An exciting new documentary follows an Amnesty youth group as they campaign in their school against the death penalty. You will be sent a reminder about this free resource in the autumn term.

## Sticker competition

Students can enter our new competition. Using the template on the CD, they can design a sticker using words or pictures to encourage other young people to find out about Amnesty International and take action for human rights. The winning design will be made into an actual sticker and sent to schools.

The deadline for entries is **31 January 2012**.

Competition guidelines and details of additional prizes are available at **[www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)**

Students can find out about the competition by visiting the website highlighted on their sticker (enclosed with this pack).

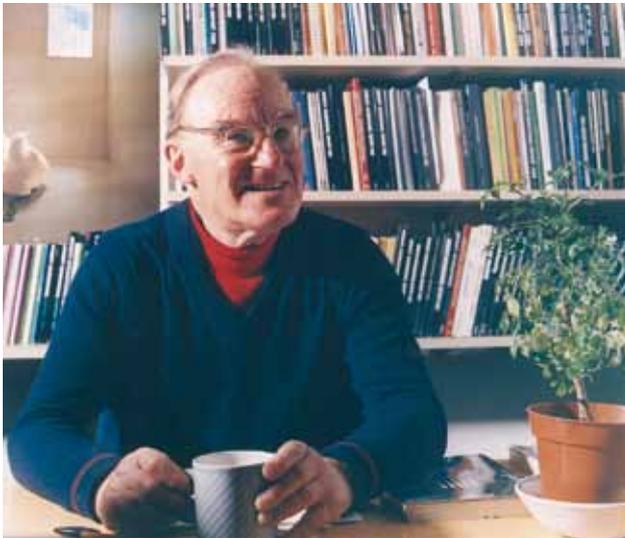


## Ideas for young people and Amnesty youth groups [www.amnesty.org.uk/youth](http://www.amnesty.org.uk/youth)

- Run your own version of the lesson for other young people.
- Show the *Introduction to Amnesty* PowerPoint and Amnesty films (on the CD) to other young people or use it to encourage new people to join your Amnesty youth group. You could use it in an assembly.
- Encourage other young people to take part in the sticker competition and take part yourself.
- Use the case study of Johan Teterissa in the lesson plan worksheet (on the CD) to raise awareness of human rights abuses.
- Join Amnesty International as an individual youth member (if you are aged 14-18) and receive a free t-shirt.
- Take part in ‘Shine a Light’ day.
- Join Amnesty’s Facebook youth group.

# SPEAK FREE

## LESSON PLAN BACKGROUND



© AI

Above: Peter Benenson, Amnesty founder, who believed that individuals can make a difference.

### WHAT YOU NEED AND WHERE TO FIND IT



- Lesson **PowerPoint**
- Film clips (*Signatures*, and *You are Powerful* or *Bullet* embedded in the Speak Free lesson **PowerPoint**)
- Lesson **Information Sheet 1**, Part 1 – *How Amnesty International began* and Part 2 – *Happy Birthday Amnesty!*
- Lesson **Information Sheet 2** – four Amnesty campaigns/cases: cut out, one per group
- Lesson **Information Sheet 3** – for extension activity
- Lesson **Worksheet 1** – current case information and campaign planning: one per group



- Amnesty stickers to give out to students



- Teaching controversial issues guidance [www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)
- Summary version of Universal Declaration of Human Rights

#### Sticker competition:



- Sticker competition design template and competition guidelines also on [www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)



### AIM OF THE LESSON

Students will:

- consider the human right to freedom of expression and the implications of its denial in different contexts
- critically evaluate the role of Amnesty International in upholding human rights
- explore creative approaches to taking action and campaigning.

### KEY SKILLS

- Critical and creative thinking
- Communication
- Evaluation
- Campaigning/taking action
- Empathy
- Group work
- Reflection
- Literacy
- Questioning
- ICT/art and design (sticker competition)

### TIME

1 hour

### PREPARATION

You may find it helpful to cover the following topics before teaching the lesson:

- the role of pressure groups/non-governmental organisations – see the *Introduction to Amnesty* PowerPoint (on **CD**)
- Universal Declaration of Human Rights (see **online**)

### USEFUL LINKS

[www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)

More resources on bringing rights to life in the classroom

[www.amnesty.org.uk/youth](http://www.amnesty.org.uk/youth)

More information on youth action and campaigning

### PLEASE NOTE

- **FILMS:** We recommend that you watch the film clips before showing them to your students to check that they are age appropriate. *You are Powerful* may be more suited to a 14+ audience.
- **GREETINGS CARD CAMPAIGN:** (mentioned in Information Sheet 2). This campaign encourages people to send a message of support for people facing human rights abuse. The cards give hope and encouragement to the recipients – and make police, prison staff and authorities aware that the world is watching what they do.

# SPEAK FREE

## TEACHING THE LESSON

### STARTER – 5 MINUTES

- Show the image depicting the denial of freedom of expression (*Speak Free PowerPoint* slide 2). Discuss with the students what they think it represents.
- Explain that during the lesson, they will be looking at the right to freedom of expression, Article 19 of the Universal Declaration of Human Rights (slide 3).
- Share the lesson aims (slide 4).

### ACTIVITY A – 15 MINUTES

(*Speak Free PowerPoint* slides 5–7)

- **Information Sheet 1.** Read out Part 1 – *How Amnesty International began*.
- Discuss in pairs: What could / should have been done about the case of the Portuguese students?
- Ask for a volunteer to report back one or two ideas.
- **Information Sheet 1.** Read out Part 2 – *Happy Birthday Amnesty!*
- Show *Signatures* – an Amnesty film demonstrating the power of an individual signature on a letter/petition (Film is linked from the **PowerPoint**).

### ACTIVITY B – 35 MINUTES

#### HAVE THINGS CHANGED IN THE 50 YEARS SINCE AMNESTY WAS FOUNDED?

- Explain that there are still many examples of human rights abuses around the world. Amnesty deals with a small percentage of cases, examples of which will be looked at in more detail.

#### AMNESTY'S CAMPAIGN WORK

(*Speak Free PowerPoint* slide 8)

- **Information Sheet 2.** Arrange students into small groups. Each group looks at a different campaign/case study from Information Sheet 2.
- Ask students to evaluate Amnesty's role in these campaigns/cases. What action did Amnesty take? Did it help to change the situation? What more could have been done?
- Each group to report back.

#### A CURRENT AMNESTY INTERNATIONAL CASE – JOHAN TETERISSA

(*Speak Free PowerPoint* slide 9)

- **Worksheet 1.** In groups, students look at the case of Johan Teterissa, a primary school teacher in Indonesia imprisoned for leading a peaceful protest.
- Read out the case history.
- Ask students to discuss how they could set up a creative Amnesty campaign for Johan. What action would they take? How would they encourage

others to get involved?

- Each group to report back their ideas to the rest of the class.

### PLENARY – 5 MINUTES

(*Speak Free PowerPoint* slide 10)

- Show film clip *You are Powerful*, or *Bullet* if more age-appropriate (link from **PowerPoint**). Explain to students that even though we may think we can't achieve change when faced with big challenges, we all have the power to make a positive difference.

### STICKER COMPETITION

► Give students an Amnesty sticker (included with this **booklet**). They can visit our website and find out how they can get more involved in campaigning for human rights.

► Enter our sticker design competition. Guidelines and a design template are on the **CD**, and **online**.

### DIFFERENTIATION

For younger pupils, you could simplify Activity B by focusing on one of Amnesty's campaigns (Information sheet 2) together as a class, rather than pupils exploring different cases in groups. For an **extension activity** for more able pupils, you could give them Information Sheet 3 (text of Peter Benenson's original article) during Activity A.

Below: Primary teacher Johan Teterissa, jailed for a peaceful protest. (see worksheet 1)



# HOW TO GET INVOLVED

We are a movement of ordinary people from across the world standing up for humanity and human rights. Our purpose is to protect individuals wherever justice, fairness, freedom and truth are denied.

## AMNESTY YOUTH GROUPS

Set up your own Amnesty youth group. There are over 600 Amnesty youth groups in the UK, based in schools, colleges and youth clubs. They are a vital part of our movement, promoting and protecting human rights.

## TEACHRIGHTS

TeachRights is Amnesty's network for teachers interested in bringing human rights into their teaching. It is free to join. Members receive a regular e-newsletter with links to materials on human rights teaching, events and courses. Sign up online at [www.amnesty.org.uk/teachrights](http://www.amnesty.org.uk/teachrights)

## AMNESTY SPEAKERS

Over 150 trained Amnesty volunteer speakers are available to run assemblies, lessons, workshops and after-school sessions for all ages on topical human rights issues and Amnesty's campaigning work. Call **020 7033 1596** or email [student@amnesty.org.uk](mailto:student@amnesty.org.uk)

## TEACHER TRAINING

Amnesty provides teacher training that inspires and equips teachers with knowledge, practical ideas and classroom resources. These help in teaching about human rights, encouraging young people to develop attitudes and behaviour respectful of human rights, and in teaching young people the skills to uphold and protect human rights.

Our training is for teachers working with young people aged 5-18 and is free of charge. For more information, go to [www.amnesty.org.uk/teachertraining](http://www.amnesty.org.uk/teachertraining), email [student@amnesty.org.uk](mailto:student@amnesty.org.uk) or call **020 7033 1596**.

## FUNDRAISING

Youth Raise-Off is our annual fundraising competition for schools and youth groups. There are lots of prize categories so enter your school today at [www.amnesty.org.uk/youthfundraise](http://www.amnesty.org.uk/youthfundraise) or call **020 7033 1650** for more information.



© Marie-Anne Ventoura

Above: Amnesty supporters in action, London 2010

## MEMBERSHIP

Anyone aged 14+ can become an individual member of Amnesty International.

To join, go to [www.amnesty.org.uk/join](http://www.amnesty.org.uk/join)

You'll receive the Amnesty Magazine every two months, a monthly e-newsletter and a welcome pack. Membership rates are:

- Youth (14-18) £5, includes a free t-shirt
- Student, unwaged and senior citizens £7.50
- Adults £24

## HUMAN RIGHTS EDUCATION

The enclosed catalogue shows some of our human rights education resources. For a full list, visit: [www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)

## FEED BACK ON THIS PACK – AND WIN

Please complete and return the feedback postcard enclosed with this pack. All postcards received will be entered into a prize draw to win a digital camera. Deadline for return of postcards: **31 January 2012**.

## CONTACT US

If you have any further feedback, or a general query, please contact us at:

[student@amnesty.org.uk](mailto:student@amnesty.org.uk)

**020 7033 1596**

[www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)