



# UNIVERSAL HUMAN RIGHTS

## LESSON FIVE

### Summary

In this lesson, you will learn about the United Nations Universal Human Rights Declaration and how that applies to you. You will learn about your rights in school and your right to your education without being harassed or humiliated by others. Adults have a responsibility to protect your rights. You are worthy of these rights and this protection as a human being.

### DISCUSSION QUESTIONS

What is the United Nations Universal Human Rights Declaration?

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What are rights? What does it mean that as a citizen of your country you “have rights”?

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What are some of the rights that the law says you have a right to?

(List as many as you remember from the video.)

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### CLASS ACTIVITY: **KNOW YOUR RIGHTS**

In this activity, you will review and discuss your Universal Human Rights with a partner and with the class. Follow the instructions on the Class Activity handout.



**HEROES**  
**IN WAITING**

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## CLASS ACTIVITY: **KNOW YOUR RIGHTS**

All human beings are born free and equal.

We should all act towards one another with a spirit of sisterhood and brotherhood.

Everyone – including me – has the right to life, liberty, safety, and dignity.

I have a right to my education without being harassed or bullied. This education teaches me to respect others, no matter what our differences are.

Supportive adults like teachers, coaches, and counselors are here to help protect my rights and keep me safe.

## INSTRUCTIONS

1. Read aloud the **Universal Human Rights Summary** above.
2. Separate into small groups and share your answers to these questions:  
**Did you know that you have rights?**  
**How does that make you feel?**  
**What do you think “free and equal” means?**  
**What do each of the following terms mean to you?**  
✓ life   ✓ liberty   ✓ safety   ✓ dignity
3. Return to the large group and share what you’ve learned.



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## HOME ACTIVITY: Universal Human Rights Reflection

ANSWER THE FOLLOWING QUESTIONS.

Did you know about the Universal Human Rights before today? Yes, no, explain.

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How does knowing that you have these rights make you feel?

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Name some of your rights that you remember learning about in class

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How might you protect and assert your rights and your friends rights in a bullying situation?

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