



#YALILEARNS



**YALILearns Session
Facilitation Guide**

**UNDERSTANDING
HUMAN RIGHTS**

Your Guide to Facilitating Understanding Human Rights

Use the YALI Network Online Course, "[Understanding Human Rights](#)" and this guide to facilitate a community discussion about human rights and human dignity. Community discussions can range from civil and political rights to social and cultural rights.

Total Time: 90 Minutes

Additional Materials

Note on materials: If you have access to a printer, you may consider printing out one copy of the following documents to help guide your discussion.

- 1) [The Universal Declaration of Human Rights](#) [PDF]
- 2) [United Nations Human Rights Report](#) [PDF]

Introduce Yourself (5 Minutes)

- Thank participants for joining and introduce yourself. Provide an overview of the YALI Network and direct participants to yali.state.gov for more information.
- Briefly share why you are interested in human rights and chose to facilitate this discussion.
- Let participants know where they can find things like restrooms, emergency exits and water fountains. Let them know if there will be any scheduled breaks.

Ice Breaker (5 minutes)

- Have participants pair up and take two minutes to get to know one another. Then have each person take 20 seconds to introduce his or her partner to the larger group.

Before You Watch (1 minute)

Ask participants to consider the following questions as they watch each lesson:

- Why were human rights developed?
- Why do human rights matter in your community?
- How can you advocate for human rights in your community?

Watch Lesson 1: “The Legal and Moral Obligations to Protect Human Rights” (12 minutes)

Group Discussion (15 Minutes)

After watching Lesson One, invite participants to discuss the following questions:

- If human rights are inherent to all human beings, why is it important to enshrine human rights principles in law?
- The lesson discusses some of the key historical events that have shaped the foundation of human rights ideology (the trans-Atlantic slave trade) and formed the basis for modern human rights law (World War II and the Holocaust). What are some of the key historical events that have determined the course of human rights in your community? How have these events advanced or regressed the protection of human rights?
- The **Additional Materials** section for this course includes documents and links to two international human rights documents. Quickly review those resources and consider the following: Why do you think that international bodies and governments have continued to create additional human rights documents? Why is it important to continue to review and revise the laws surrounding human rights?

Watch Lesson 2: “Protecting Human Rights to Benefit All” (8 minutes)

Group Discussion (15 minutes)

After watching Lesson Two, invite participants to discuss the following questions:

- What groups are considered marginalized in your community? In what ways are they marginalized?
- Who typically speaks for marginalized populations in your community? Are marginalized populations given an opportunity to speak for themselves?
- What have governmental and nongovernmental organizations done to bring equity to marginalized populations? In what ways can you encourage communities to take responsibility for the protection of marginalized groups and their needs?

Watch Lesson 3: “Ensuring the Human Rights of All” (8 minutes)

Group Discussion (15 minutes)

After watching Lesson Three, invite participants to discuss the following:

- What personal and cultural biases do people in your community hold? How can you go about eliminating these biases?
- Who are some of the human rights defenders you know and admire? What characteristics do you believe are essential for someone who defends human rights?
- How can ordinary citizens protect human rights? Remember, a human rights defender is someone who works to stop the abuse of another.
- How might you engage with a human rights violator? How can you find common ground to stop abuses? Can you think of a situation, large or small, where intervention was warranted to stop a human rights abuse?

Wrap-Up (5 minutes)

- Thank your participants and encourage them to go online, take the YALI Network Online Course, “[Understanding Human Rights](#)” and pass the associated quiz so they can earn their certificate.

